

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Copper, Cu (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 16, 2016 02:02 EDT

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	12.882
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	11.952
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	11.816
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	11.390
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	10.084
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	9.712
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	8.356
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	8.292
05150	Goose, liver, raw	94.0	1.0 liver	7.071
11667	Seaweed, spirulina, dried	112.0	1.0 cup	6.832
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	6.013
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	5.989
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	5.878
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	5.763
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	5.242
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	4.870
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	4.851
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	4.335
16117	Soy flour, defatted	105.0	1.0 cup	4.268
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	3.928
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	3.792
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	3.773
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	3.650
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	3.364
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	3.258
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	3.102
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.084
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	3.041
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	3.041

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.803
43114	Vermicelli, made from soy	140.0	1.0 cup	2.682
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	2.635
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	2.635
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	2.623
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	2.585
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	2.585
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.502
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	2.458
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	2.458
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	2.453
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.440
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	2.435
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	2.435
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	2.401
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	2.342
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	2.342
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	2.342
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	2.318
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	2.248
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	2.167
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.155
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	2.100
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	2.034
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.031
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	2.024
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	2.024
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.991
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.988
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	1.984
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	1.979
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	1.948
11432	Radishes, oriental, dried	116.0	1.0 cup	1.892
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.888
20008	Buckwheat	170.0	1.0 cup	1.870
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.865

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.865
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	1.856
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.840
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.840
16076	Lupins, mature seeds, raw	180.0	1.0 cup	1.840
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.820
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.820
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	1.797
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	1.788
12147	Nuts, pine nuts, dried	135.0	1.0 cup	1.787
19367	Toppings, nuts in syrup	328.0	1.0 cup	1.771
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.769
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.763
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.752
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	1.751
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.735
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.732
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.723
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.710
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.701
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.700
19304	Molasses	337.0	1.0 cup	1.641
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.632
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.624
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	1.606
06248	Soup, oyster stew, canned, prepared with equal volume milk	245.0	1.0 cup (8 fl oz)	1.605
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.599
06048	Soup, oyster stew, canned, condensed	123.0	0.5 cup (4 fl oz)	1.599
06448	Soup, oyster stew, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	1.593
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.590
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.590
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.584
20142	Teff, uncooked	193.0	1.0 cup	1.563
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.548
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.532
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.517

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12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.517
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	132.0	1.0 cup	1.505
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.504
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.504
20031	Millet, raw	200.0	1.0 cup	1.500
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.499
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.499
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.499
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	1.491
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.489
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	147.0	1.0 cup	1.482
19059	Snacks, trail mix, regular	150.0	1.0 cup	1.478
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	1.478
12061	Nuts, almonds	143.0	1.0 cup, whole	1.474
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.468
16069	Lentils, raw	192.0	1.0 cup	1.448
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	1.424
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	1.424
14315	Beverages, OVALTINE, chocolate malt powder	78.0	1.0 cup	1.418
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.411
16118	Soy flour, low-fat	88.0	1.0 cup, stirred	1.408
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	1.401
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.397
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.365
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	1.348
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	1.343
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.330
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.330
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	1.320
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	1.320
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.317
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.314
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.312
12142	Nuts, pecans	109.0	1.0 cup, chopped	1.308
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	1.299
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	1.299

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.286
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.252
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.236
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	1.232
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	1.232
16100	Peanut flour, low fat	60.0	1.0 cup	1.223
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	1.219
11230	Pepeao, dried	24.0	1.0 cup	1.217
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.215
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.215
09428	Rowal, raw	114.0	0.5 cup	1.208
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.207
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.207
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	1.190
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.179
16113	Natto	175.0	1.0 cup	1.167
43128	Chicken, meatless	168.0	1.0 cup	1.158
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.156
12145	Nuts, pilinuts, dried	120.0	1.0 cup	1.150
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	1.141
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.109
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.099
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.096
16099	Peanut flour, defatted	60.0	1.0 cup	1.080
43287	Dove, cooked (includes squab)	140.0	1.0 cup, chopped or diced	1.068
20076	Wheat, durum	192.0	1.0 cup	1.062
19348	Syrups, chocolate, fudge-type	304.0	1.0 cup	1.058
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	1.023
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.017
43132	Meatballs, meatless	144.0	1.0 cup	1.017
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.013
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	1.013
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.003
20035	Quinoa, uncooked	170.0	1.0 cup	1.003
14058	Beverages, Whey protein powder isolate	86.0	3.0 scoop	1.000
43130	Frankfurter, meatless	140.0	1.0 cup, sliced	0.988

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20038	Oats	156.0	1.0 cup	0.977
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.972
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	0.972
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	0.972
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	0.961
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	0.956
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.941
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.938
16114	Tempeh	166.0	1.0 cup	0.930
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.929
20004	Barley, hulled	184.0	1.0 cup	0.916
20078	Wheat germ, crude	115.0	1.0 cup	0.915
20140	Spelt, uncooked	174.0	1.0 cup	0.889
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.886
20069	Triticale	192.0	1.0 cup	0.877
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	0.876
20060	Rice bran, crude	118.0	1.0 cup	0.859
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	254.0	1.0 item	0.856
43299	Soybean, curd cheese	225.0	1.0 cup	0.855
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	0.848
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.848
20005	Barley, pearled, raw	200.0	1.0 cup	0.840
16157	Chickpea flour (besan)	92.0	1.0 cup	0.839
20088	Wild rice, raw	160.0	1.0 cup	0.838
20072	Wheat, hard red winter	192.0	1.0 cup	0.833
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.828
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.823
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	0.820
19126	Candies, milk chocolate coated peanuts	149.0	1.0 cup	0.811
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	0.810
09289	Prunes, dehydrated (low-moisture), uncooked	132.0	1.0 cup	0.807
21270	TACO BELL, Taco Salad	533.0	1.0 item	0.805
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.798
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.789
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.789
06026	Soup, chili beef, canned, condensed	263.0	1.0 cup (8 fl oz)	0.789

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15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.788
20071	Wheat, hard red spring	192.0	1.0 cup	0.787
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.786
43134	Vegetarian fillets	85.0	1.0 fillet	0.786
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.786
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.786
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.785
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.784
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.784
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.782
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	0.774
06002	Soup, black bean, canned, condensed	257.0	1.0 cup (8 fl oz)	0.771
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.768
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	0.768
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	0.768
20073	Wheat, soft red winter	168.0	1.0 cup	0.756
08393	Cereals ready-to-eat, KASHI GOLEAN	52.0	1.0 cup (1 NLEA serving)	0.753
12632	Nuts, macadamia nuts, dry roasted, with salt added	132.0	1.0 cup, whole or halves	0.752
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.752
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.742
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.741
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.739
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	0.737
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	0.728
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.728
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.727
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.725
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.724
22247	Macaroni and Cheese, canned entree	244.0	1.0 serving	0.722
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.718
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.718
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.717
20063	Rye flour, dark	128.0	1.0 cup	0.717
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	219.0	1.0 item	0.716
20075	Wheat, soft white	168.0	1.0 cup	0.716

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09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.715
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.709
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.700
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	0.700
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.700
01224	Protein supplement, milk based, Muscle Milk Light, powder	50.0	2.0 scoop	0.700
20074	Wheat, hard white	192.0	1.0 cup	0.697
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.696
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.685
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	0.685
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	0.685
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.677
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	216.0	1.0 can (6 fl oz)	0.676
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.675
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.675
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.674
09085	Currants, zante, dried	144.0	1.0 cup	0.674
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.673
19086	Candies, confectioner's coating, peanut butter	168.0	1.0 cup chips	0.672
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.670
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.668
19352	Syrups, malt	332.0	1.0 cup	0.664
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.662
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.662
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	0.657
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.654
43410	Chicken, meatless, breaded, fried	130.0	1.0 cup, diced	0.650
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.648
01263	Ice cream, light, soft serve, chocolate	298.0	1.0 medium	0.647
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.640
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.638
43112	Beans, chili, barbecue, ranch style, cooked	253.0	1.0 cup	0.638
20647	Millet flour	119.0	1.0 cup	0.637
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.635
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	0.628
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.627

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	0.625
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	0.624
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.622
20062	Rye grain	169.0	1.0 cup	0.620
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.618
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	0.612
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.608
19182	Desserts, mousse, chocolate, prepared-from-recipe	808.0	1.0 recipe yield	0.606
09297	Raisins, golden seedless	165.0	1.0 cup, packed	0.599
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	0.599
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	414.0	14.0 fl oz	0.592
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	53.0	0.75 Cup (1 NLEA serving)	0.589
16055	Carob flour	103.0	1.0 cup	0.588
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	0.585
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.582
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.582
20077	Wheat bran, crude	58.0	1.0 cup	0.579
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.577
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.577
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.573
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.572
09290	Prunes, dehydrated (low-moisture), stewed	280.0	1.0 cup	0.571
20143	Teff, cooked	252.0	1.0 cup	0.570
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.569
16156	Peanut butter, chunky, vitamin and mineral fortified	32.0	2.0 tbsp	0.566
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.565
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.564
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.559
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.554
22919	Macaroni and Cheese, canned, microwavable	213.0	7.5 oz 1 serving	0.554
05157	Quail, meat and skin, raw	109.0	1.0 quail	0.553
15250	Mollusks, conch, baked or broiled	127.0	1.0 cup, sliced	0.552
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	251.0	1.0 cup	0.552
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.552
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	0.551
09109	Gooseberries, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.547

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	0.547
05158	Quail, meat only, raw	92.0	1.0 quail	0.546
20067	Sorghum grain	192.0	1.0 cup	0.545
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.545
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.544
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.541
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.540
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	0.539
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	0.537
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.536
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	254.0	8.0 fl oz	0.536
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.535
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.528
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.526
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.525
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.525
16155	Peanut butter, smooth, vitamin and mineral fortified	32.0	2.0 tbsp	0.525
09298	Raisins, seedless	165.0	1.0 cup, packed	0.525
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.524
20014	Corn grain, yellow	166.0	1.0 cup	0.521
20314	Corn grain, white	166.0	1.0 cup	0.521
43449	Beans, baked, canned, no salt added	253.0	1.0 cup	0.521
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.520
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.520
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.518
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.518
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.518
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	0.518
22915	Lasagna with meat & sauce, low-fat, frozen entree	309.0	1.0 package	0.516
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	0.515
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.514
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.514
19188	Puddings, chocolate, dry mix, regular	99.0	1.0 package (3.5 oz)	0.513
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.513
11836	Potatoes, microwaved, cooked, in skin, skin with salt	58.0	1.0 skin	0.512
11369	Potatoes, microwaved, cooked in skin, skin, without salt	58.0	1.0 skin	0.512

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.512
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.512
20130	Barley flour or meal	148.0	1.0 cup	0.508
11973	Beans, fava, in pod, raw	126.0	1.0 cup	0.507
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	0.505
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.504
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	0.504
09422	Durian, raw or frozen	243.0	1.0 cup, chopped or diced	0.503
19904	Chocolate, dark, 70-85% cacao solids	28.35	1.0 oz	0.501
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.501
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.501
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	237.0	8.0 fl oz	0.500
01250	Nutritional supplement for people with diabetes, liquid	227.0	1.0 can	0.499
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	252.0	1.0 cup	0.499
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.499
09299	Raisins, seeded	165.0	1.0 cup, packed	0.498
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.498
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.498
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.497
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.497
43241	Cereals ready-to-eat, FAMILIA	122.0	1.0 cup	0.497
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.496
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.496
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.495
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.495
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.493
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.492
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.491
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.490
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.489
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.489
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.488
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.484
43365	Tomato and vegetable juice, low sodium	242.0	1.0 cup	0.484
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.484
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.484

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.480
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.480
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	85.0	3.0 oz	0.479
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.479
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	0.479
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.476
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.476
13322	Beef, variety meats and by-products, heart, cooked, simmered	85.0	3.0 oz	0.475
36625	Restaurant, Chinese, vegetable lo mein, without meat	741.0	1.0 order	0.474
11364	Potatoes, baked, skin, without salt	58.0	1.0 skin	0.474
11830	Potatoes, baked, skin only, with salt	58.0	1.0 skin	0.474
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.473
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	0.473
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.471
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.471
20012	Bulgur, dry	140.0	1.0 cup	0.469
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	0.466
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.464
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.464
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.463
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.463
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.462
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.461
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.461
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.459
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.458
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.458
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.458
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.458
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.457
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	237.0	1.0 bottle	0.455
20132	Oat flour, partially debranned	104.0	1.0 cup	0.454
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.454
16122	Soy protein isolate	28.35	1.0 oz	0.453
16422	Soy protein isolate, potassium type	28.35	1.0 oz	0.453
20124	Pasta, whole-wheat, dry	91.0	1.0 cup spaghetti	0.452

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.452
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.452
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.451
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	374.0	1.0 item	0.449
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	0.449
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.447
09293	Plums, dried (prunes), stewed, with added sugar	248.0	1.0 cup, pitted	0.446
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.446
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	0.444
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.443
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.442
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.442
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.442
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.442
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	0.441
11228	Jew's ear, (pepeao), raw	99.0	1.0 cup slices	0.441
14035	Beverages, ABBOTT, EAS soy protein powder	44.0	1.0 scoop	0.440
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.440
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.440
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.439
20131	Barley malt flour	162.0	1.0 cup	0.437
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	0.437
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.437
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.437
05305	Ground turkey, raw	453.6	1.0 lb	0.435
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	87.0	1.0 cup whole	0.435
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.435
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.434
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.434
43216	Sweeteners, tabletop, fructose, dry, powder	196.0	1.0 cup	0.433
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.431
08144	Cereals, whole wheat hot natural cereal, dry	94.0	1.0 cup	0.431
19355	Syrups, sorghum	330.0	1.0 cup	0.429
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	0.428
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.428
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.428

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.428
09094	Figs, dried, uncooked	149.0	1.0 cup	0.428
20028	Couscous, dry	173.0	1.0 cup	0.427
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.426
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.426
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	85.0	3.0 oz	0.425
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	0.421
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	324.0	1.0 serving varied from 2-3 tacos per serving	0.421
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.420
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.420
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.419
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.419
20141	Spelt, cooked	194.0	1.0 cup	0.417
12157	Nuts, walnuts, dry roasted, with salt added	28.0	1.0 oz	0.416
16171	Refried beans, canned, vegetarian	242.0	1.0 cup	0.414
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	55.0	0.75 cup (1 NLEA serving)	0.414
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.413
11240	Mushrooms, morel, raw	66.0	1.0 cup	0.412
11122	Cardoon, raw	178.0	1.0 cup, shredded	0.411
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.409
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.409
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.409
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.408
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.408
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.408
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.407
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.407
11215	Garlic, raw	136.0	1.0 cup	0.407
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.406
06404	Soup, bean with pork, canned, prepared with equal volume water	266.0	1.0 serving 1 cup	0.404
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.404
16005	Beans, baked, home prepared	253.0	1.0 cup	0.402
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.402
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.401
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.400
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.399

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.399
11349	Poi	240.0	1.0 cup	0.398
06426	Soup, chili beef, canned, prepared with equal volume water	261.0	1.0 cup	0.397
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.396
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.396
43137	Vegetarian meatloaf or patties	56.0	1.0 slice	0.395
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.395
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.395
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	0.395
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.392
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.392
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.391
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.391
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.391
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.391
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.391
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.390
14033	Beverages, ABBOTT, EAS whey protein powder	39.0	2.0 scoop	0.390
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.390
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.389
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.389
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243.0	1.0 cup (8 fl oz)	0.389
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	91.0	1.0 cup spaghetti	0.388
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	50.0	1.0 bar	0.387
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.385
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.385
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.385
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.383
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.383
06402	Soup, black bean, canned, prepared with equal volume water	247.0	1.0 cup	0.383
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.382
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.382
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.382
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.382
14309	Beverages, OVALTINE, Classic Malt powder	21.0	1.0 serving (4 tbsp or 1 envelope)	0.382
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.380

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09139	Guavas, common, raw	165.0	1.0 cup	0.380
20033	Oat bran, raw	94.0	1.0 cup	0.379
06965	Soup, pea, low sodium, prepared with equal volume water	259.0	1.0 cup	0.378
06449	Soup, pea, green, canned, prepared with equal volume water	259.0	1.0 serving 1 cup	0.378
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	186.0	1.0 cup	0.378
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.378
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.377
05111	Canada Goose, breast meat, skinless, raw	85.0	3.0 oz	0.377
16172	Refried beans, canned, fat-free	231.0	1.0 cup	0.377
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.376
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.376
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.375
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.374
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.374
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.373
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.373
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.371
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	47.0	1.0 bar	0.371
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.371
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.370
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.370
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.370
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.369
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.369
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.369
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.368
05159	Quail, breast, meat only, raw	85.0	3.0 oz	0.368
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	0.367
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.367
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.367
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	0.367
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.367
20002	Amaranth grain, cooked	246.0	1.0 cup	0.367
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.366
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	0.365

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.365
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.364
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.364
20090	Rice flour, brown	158.0	1.0 cup	0.363
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.363
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.362
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.361
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.361
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.361
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.359
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.359
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	253.0	1.0 cup	0.359
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	170.0	1.0 serving 6 servings per 34.98 oz package	0.357
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.356
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.356
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	170.0	1.0 container (6 oz)	0.355
01187	Yogurt, chocolate, nonfat milk	170.0	1.0 container (6 oz)	0.355
20137	Quinoa, cooked	185.0	1.0 cup	0.355
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	91.0	1.0 cup spaghetti	0.355
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.355
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.355
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.355
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.355
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.355
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.355
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.354
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.354
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.354
19903	Chocolate, dark, 60-69% cacao solids	28.35	1.0 oz	0.354
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.354
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.353
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.353
19184	Puddings, chocolate, dry mix, instant	99.0	1.0 package (3.5 oz)	0.350
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.350
35015	Blackberries, wild, raw (Alaska Native)	157.0	1.0 cup	0.349
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.348

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.348
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.347
11991	Yautia (tannier), raw	135.0	1.0 cup, sliced	0.347
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.347
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.346
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	0.345
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.344
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.344
22899	Ravioli, cheese-filled, canned	242.0	1.0 cup	0.344
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	252.0	1.0 serving (1 cup)	0.343
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	0.342
19117	Candies, halavah, plain	28.35	1.0 oz	0.341
09046	Blackberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.340
90560	Mollusks, snail, raw	85.0	3.0 oz	0.340
20064	Rye flour, medium	102.0	1.0 cup	0.338
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.337
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	0.335
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	413.0	12.0 inch sub	0.335
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.333
15270	Crustaceans, shrimp, raw (not previously frozen)	85.0	3.0 oz	0.332
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.332
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.331
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.331
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.331
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.331
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.329
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.329
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	0.328
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.328
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.328
11450	Soybeans, green, raw	256.0	1.0 cup	0.328
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.327
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.326
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.325
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.325
16087	Peanuts, all types, raw	28.35	1.0 oz	0.324

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.324
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	53.0	0.67 Cup (1 NLEA serving)	0.324
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.323
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.322
15271	Crustaceans, shrimp, cooked (not previously frozen)	85.0	3.0 oz	0.322
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.322
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.322
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.322
09095	Figs, dried, stewed	259.0	1.0 cup	0.321
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak (yield from 123.5 g raw meat)	0.321
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.320
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.320
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	0.320
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	0.319
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.318
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.317
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.316
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.316
20066	Semolina, enriched	167.0	1.0 cup	0.316
20466	Semolina, unenriched	167.0	1.0 cup	0.316
03070	Babyfood, dinner, chicken soup, strained	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.315
11413	Potato flour	160.0	1.0 cup	0.315
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.315
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.315
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	179.0	1.0 cup	0.315
09061	Carissa, (natal-plum), raw	150.0	1.0 cup slices	0.315
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.314
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.314
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.314
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.313
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.313
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.313
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.313
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.312
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	0.311
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.311

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	0.310
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.310
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.310
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	0.310
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.308
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.308
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	0.308
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.307
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.307
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	420.0	1.0 item 14.8 oz	0.307
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	253.0	1.0 cup	0.306
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.306
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	0.306
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	28.35	1.0 oz	0.305
09292	Plums, dried (prunes), stewed, without added sugar	248.0	1.0 cup, pitted	0.305
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	0.305
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.304
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.304
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	243.0	1.0 cup	0.304
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.303
21061	Fast foods, burrito, with beans and cheese	185.0	1.0 each burrito	0.303
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.303
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	0.303
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.303
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.303
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.303
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.302
32029	Rice mix, white and wild, flavored, unprepared	57.0	2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix)	0.302
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.302
06030	Soup, clam chowder, new england, canned, condensed	126.0	0.5 cup	0.301
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.301
25051	Snacks, CLIF BAR, mixed flavors	68.0	1.0 bar	0.300
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.300
16059	Chili with beans, canned	256.0	1.0 cup	0.300

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16223	Soymilk (All flavors), enhanced	243.0	1.0 cup	0.299
11832	Potatoes, boiled, cooked in skin, skin, with salt	34.0	1.0 skin	0.299
11366	Potatoes, boiled, cooked in skin, skin, without salt	34.0	1.0 skin	0.299
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.298
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	78.0	1.0 bar	0.298
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.297
11007	Artichokes, (globe or french), raw	128.0	1.0 artichoke, medium	0.296
11414	Potato salad, home-prepared	250.0	1.0 cup	0.295
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	49.0	0.5 cup (1 NLEA serving)	0.294
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.293
22917	Burrito, beef and bean, frozen	139.0	1.0 burrito frozen	0.293
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.293
06217	Soup, vegetable, canned, low sodium, condensed	126.0	0.5 cup	0.292
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.292
19902	Chocolate, dark, 45- 59% cacao solids	28.35	1.0 oz	0.291
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.291
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.290
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.290
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.290
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.289
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.289
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.289
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	0.288
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.287
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.287
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	0.287
35204	Chokecherries, raw, pitted (Northern Plains Indians)	154.0	1.0 cup	0.286
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.286
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.285
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.285
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	0.285
09043	Blackberry juice, canned	250.0	1.0 cup	0.285
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.285
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.284
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.283
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	0.283

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.283
32019	Lasagna, cheese, frozen, unprepared	237.0	1.0 cup 1 serving	0.282
20087	Wheat, sprouted	108.0	1.0 cup	0.282
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.282
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.282
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.281
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	0.281
09164	Litchis, raw	190.0	1.0 cup	0.281
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.281
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.280
20032	Millet, cooked	174.0	1.0 cup	0.280
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	0.280
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.279
36633	Restaurant, Chinese, sesame chicken	547.0	1.0 order	0.279
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	253.0	1.0 cup	0.278
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	0.278
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	209.0	6.0 inch sub	0.278
21158	Fast foods, submarine sandwich, meatball marinara on white bread	209.0	6.0 inch sub	0.278
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.278
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.278
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	0.277
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	0.277
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.277
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.277
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.277
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.277
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.276
09288	Prunes, canned, heavy syrup pack, solids and liquids	234.0	1.0 cup	0.276
36045	ON THE BORDER, refried beans	135.0	1.0 cup	0.275
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	0.275
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.275
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	0.274
11683	Carrot, dehydrated	74.0	1.0 cup	0.274
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	0.273
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.273
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	54.0	1.0 serving 1 singles bag	0.273

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.272
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.272
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	0.272
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.271
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.271
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	40.0	2.0 bar	0.271
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.271
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	355.0	1.0 item	0.270
19154	Candies, sesame crunch	28.35	1.0 oz	0.269
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.269
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.269
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.269
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.269
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.268
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	227.0	1.0 slice 1/4 of pie	0.268
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	0.268
16106	Meat extender	88.0	1.0 cup	0.268
11601	Yam, raw	150.0	1.0 cup, cubes	0.267
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.267
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.267
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	56.0	1.0 cup (1 NLEA serving)	0.265
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.265
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.265
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.265
21063	Fast foods, burrito, with beans and beef	241.0	1.0 item	0.265
22928	Burrito, beef and bean, microwaved	116.0	1.0 burrito cooked	0.264
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.263
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.263
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.263
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.263
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.263
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	271.0	1.0 sandwich	0.263
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.263
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.263
09306	Raspberries, frozen, red, sweetened	250.0	1.0 cup, thawed	0.262
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.262

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.262
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.262
06483	Soup, cream of chicken, dry, mix, prepared with water	261.0	1.0 cup 8 fl oz	0.261
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	266.0	1.0 serving	0.261
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	55.0	1.0 cup (1 NLEA serving)	0.260
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	0.260
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.260
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	0.259
43541	Ice creams, chocolate, rich	148.0	1.0 cup	0.259
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	37.0	1.0 bar	0.259
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.258
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	0.258
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.258
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	0.257
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.257
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.257
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.257
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	56.0	1.0 cup (1 NLEA serving)	0.257
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.257
43142	Radishes, hawaiian style, pickled	150.0	1.0 cup	0.256
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.256
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.256
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.255
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.255
11304	Peas, green, raw	145.0	1.0 cup	0.255
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.255
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	0.255
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	280.0	1.0 item	0.255
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.255
21396	Fast foods, cheeseburger; double, large patty; with condiments	280.0	1.0 item	0.255
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.254
11011	Asparagus, raw	134.0	1.0 cup	0.253
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.253
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	0.252
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.252

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06147	Soup, beef mushroom, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252
06044	Soup, mushroom with beef stock, canned, condensed	126.0	0.5 cup (4 fl oz)	0.252
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.251
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.251
11350	Pokeberry shoots, (poke), raw	160.0	1.0 cup	0.251
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.251
06978	Soup, beef and mushroom, low sodium, chunk style	251.0	1.0 cup	0.251
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.251
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.250
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.250
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.250
14654	Beverages, nutritional shake mix, high protein, powder	10.0	1.0 tbsp	0.250
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.249
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.249
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	0.249
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	777.0	1.0 order	0.249
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.249
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	55.0	1.0 bar	0.249
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.249
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	207.0	1.0 slice 1/4 of pie	0.248
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.248
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.248
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	0.246
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	0.246
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.246
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.246
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.246
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.246
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.246
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.245
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.245
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	0.245
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.245
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.245
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.245
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207.0	1.0 can (6 fl oz)	0.244

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06547	Soup, beef mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
06442	Soup, mushroom barley, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
16130	Okara	122.0	1.0 cup	0.244
06549	Soup, chicken mushroom, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.244
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.244
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	143.0	1.0 serving 5 servings per 24.2 oz package	0.243
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.243
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.243
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving (3 oz)	0.242
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.242
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.242
11989	Mushrooms, straw, canned, drained solids	182.0	1.0 cup	0.242
22972	Pulled pork in barbecue sauce	249.0	1.0 cup	0.242
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	0.242
12698	Seeds, sesame butter, tahini, type of kernels unspecified	15.0	1.0 tbsp	0.242
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.242
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	241.0	1.0 cup	0.241
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.241
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.241
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.241
06022	Soup, chicken rice, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240
06039	Soup, minestrone, canned, chunky, ready-to-serve	240.0	1.0 cup	0.240
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	240.0	1.0 cup (8 fl oz)	0.240
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	240.0	1.0 cup	0.240
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	0.240
11233	Kale, raw	16.0	1.0 cup 1" pieces, loosely packed	0.240
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.239
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.239
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.239
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	268.0	1.0 sandwich	0.239
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.238
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.238
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.238
06121	Gravy, mushroom, canned	238.0	1.0 cup	0.238
06125	Gravy, turkey, canned, ready-to-serve	238.0	1.0 cup	0.238

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving (3 oz)	0.238
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.238
09042	Blackberries, raw	144.0	1.0 cup	0.238
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.237
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.237
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.236
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.236
06977	Gravy, meat or poultry, low sodium, prepared	236.0	1.0 cup	0.236
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.236
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.236
16149	Peanut spread, reduced sugar	31.0	2.0 tbsp	0.236
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.235
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.235
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.235
43146	Eggplant, pickled	136.0	1.0 cup	0.235
43125	Beans, liquid from stewed kidney beans	240.0	1.0 cup	0.235
11618	Eppaw, raw	100.0	1.0 cup	0.234
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.234
05024	Chicken, gizzard, all classes, cooked, simmered	145.0	1.0 cup chopped or dice	0.233
06180	Soup, shark fin, restaurant-prepared	216.0	1.0 cup	0.233
06116	Gravy, beef, canned, ready-to-serve	233.0	1.0 cup	0.233
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.233
05621	Emu, ground, raw	117.0	1.0 patty	0.233
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	0.232
22904	Chili con carne with beans, canned entree	242.0	1.0 cup	0.232
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.232
15006	Fish, burbot, raw	116.0	1.0 fillet	0.232
12059	Nuts, acorns, dried	28.35	1.0 oz	0.232
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.231
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.231
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.231
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving (3 oz)	0.231
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.231
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.231
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.231
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.230

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03084	Babyfood, dinner, vegetables and turkey, strained	256.0	1.0 cup	0.230
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.230
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.230
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	0.230
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.230
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	144.0	1.0 piece (1/12 of a cake)	0.229
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.229
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	55.0	1.0 cup (1 NLEA serving)	0.228
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.228
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.228
14083	Beverages, chocolate malt, powder, prepared with fat free milk	256.0	1.0 serving	0.228
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.227
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.226
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	245.0	1.0 cup	0.225
19268	Candies, dark chocolate coated coffee beans	40.0	1.0 serving 28 pieces	0.225
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.225
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.225
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.224
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.224
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.224
21083	Fast foods, taco salad	198.0	1.5 cup	0.224
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	0.224
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.224
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	54.0	29.0 biscuits (1 NLEA serving)	0.223
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.223
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.223
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.223
11938	Mushroom, white, exposed to ultraviolet light, raw	70.0	1.0 cup pieces or slices	0.223
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.222
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.222
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.222
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.221
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.221
21341	McDONALD'S, BIG BREAKFAST	269.0	1.0 item 9.5 oz	0.221
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	500.0	1.0 bottle	0.220
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	55.0	0.75 cup (1 NLEA serving)	0.220

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.219
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.219
19147	Candies, peanut bar	28.35	1.0 oz	0.219
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	0.219
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	0.219
43447	Snacks, corn-based, extruded, chips, unsalted	88.0	1.0 cup, crushed	0.219
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.219
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	0.218
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.218
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.218
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.218
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.218
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	35.0	2.0 biscuits (1 NLEA serving)	0.218
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	0.218
20065	Rye flour, light	102.0	1.0 cup	0.217
32010	Pasta mix, Italian lasagna, unprepared	141.0	1.0 package	0.217
11537	Tomatoes, red, ripe, canned, with green chilies	241.0	1.0 cup	0.217
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.217
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.217
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	6.0	1.0 tablespoon Ghirardelli label 2011	0.217
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.216
09446	Plantains, green, fried	118.0	1.0 cup	0.216
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.216
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.216
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	0.216
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	0.215
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.215
21237	McDONALD'S, BIG MAC	219.0	1.0 item 7.6 oz	0.215
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.214
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.214
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	66.0	0.5 cup	0.214
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.214
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.214
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	0.214
93600	Turtle, green, raw	85.0	3.0 oz	0.212
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	0.212

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09357	Apricots, canned, heavy syrup, drained	219.0	1.0 cup, halves	0.212
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	59.0	1.0 cup (1 NLEA serving)	0.212
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.212
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.212
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.212
36007	T.G.I. FRIDAY'S, french fries	184.0	1.0 serving	0.212
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.212
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.212
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.211
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	0.211
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	53.0	1.0 cup (1 NLEA serving)	0.211
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.211
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.211
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.210
11226	Jerusalem-artichokes, raw	150.0	1.0 cup slices	0.210
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	200.0	1.0 item	0.210
19310	Pectin, unsweetened, dry mix	50.0	1.0 package (1.75 oz)	0.210
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.210
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	233.0	1.0 sandwich	0.210
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	243.0	1.0 cup	0.209
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	116.0	1.0 cup spaghetti not packed	0.209
16150	Peanut butter, smooth, reduced fat	36.0	2.0 tablespoon	0.209
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	183.0	1.0 slice 1/4 of pie	0.209
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.209
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.209
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.208
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.208
09002	Acerola juice, raw	242.0	1.0 cup	0.208
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	52.0	0.75 cup (1 NLEA serving)	0.208
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	46.0	1.0 serving 1.63 oz singles bag	0.208
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	165.0	1.0 cup	0.208
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	165.0	1.0 cup	0.208
01159	Cheese, goat, soft type	28.35	1.0 oz	0.208
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.207
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.207

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	0.207
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	60.0	1.0 cup (1 NLEA serving)	0.207
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.207
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.207
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.207
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	0.206
11344	Pigeonpeas, immature seeds, raw	154.0	1.0 cup	0.206
11134	Cassava, raw	206.0	1.0 cup	0.206
06964	Soup, tomato, low sodium, with water	248.0	1.0 serving 1 cup	0.206
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	257.0	1.0 cup	0.206
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.205
11271	Mustard greens, cooked, boiled, drained, without salt	140.0	1.0 cup, chopped	0.204
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.204
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	37.0	1.0 serving 1.31 oz bag	0.204
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.204
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.204
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.204
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	62.0	1.0 cup (1 NLEA serving)	0.203
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	245.0	1.0 cup	0.203
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	85.0	3.0 oz	0.203
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	0.203
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	0.203
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.203
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.203
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	58.0	7.0 biscuit (1 NLEA serving)	0.203
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	0.203
09231	Passion-fruit, (granadilla), purple, raw	236.0	1.0 cup	0.203
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.203
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.203
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.203
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.203
14056	Beverages, Acai berry drink, fortified	266.0	8.0 fl oz	0.202
11588	Waterchestnuts, chinese, (matai), raw	62.0	0.5 cup slices	0.202
06042	Soup, mushroom barley, canned, condensed	126.0	0.5 cup (4 fl oz)	0.202

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.202
11990	Wasabi, root, raw	130.0	1.0 cup, sliced	0.201
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.201
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.201
19118	Candies, NESTLE, OH HENRY! Bar	57.0	1.0 bar 2 oz	0.201
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.201
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	245.0	1.0 cup	0.201
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.201
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	242.0	1.0 cup	0.201
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	242.0	1.0 cup	0.201
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.201
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.201
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.200
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.200
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	0.200
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	55.0	1.0 cup (1 NLEA serving)	0.200
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	55.0	1.0 cup (1 NLEA serving)	0.200
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	230.0	1.0 item	0.200
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	0.200
14080	Beverages, rich chocolate, powder	11.0	2.0 tbsp	0.200
14063	Beverages, chocolate powder, no sugar added	11.0	2.0 tbsp	0.200
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	22.0	1.0 serving	0.200
20651	Rice, brown, parboiled, cooked, UNCLE BENS	155.0	1.0 cup	0.200
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	26.0	1.0 scoop	0.200
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	26.0	1.0 scoop	0.200
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.200
14181	Beverages, chocolate syrup	39.0	1.0 serving 2 tbsp	0.200
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.199
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	243.0	1.0 cup	0.199
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.199
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.199
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.199
32009	Pasta mix, classic beef, unprepared	122.0	1.0 package	0.199
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.199
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.199
20089	Wild rice, cooked	164.0	1.0 cup	0.198

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	0.198
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.198
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak (yield from 148.1 g raw meat)	0.197
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving (3 oz)	0.197
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.197
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	58.0	0.5 cup (1 NLEA serving)	0.197
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	0.197
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	0.197
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	240.0	1.0 cup	0.197
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.197
43476	Tofu yogurt	262.0	1.0 cup	0.196
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.196
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.196
09447	Plantains, yellow, fried, Latino restaurant	169.0	1.0 cup	0.196
11050	Beans, shellie, canned, solids and liquids	245.0	1.0 cup	0.196
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	49.0	0.75 cup (1 NLEA serving)	0.196
13320	Beef, variety meats and by-products, brain, cooked, simmered	85.0	3.0 oz	0.196
22969	Chili with beans, microwavable bowls	244.0	1.0 cup	0.195
19134	Candies, milk chocolate, with rice cereal	40.0	1.0 bar (1.4 oz)	0.195
19859	Cocoa, dry powder, hi-fat or breakfast, plain	5.4	1.0 tbsp	0.195
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	0.194
11961	Hearts of palm, canned	146.0	1.0 cup	0.194
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.194
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.194
09354	Pineapple, canned, juice pack, drained	181.0	1.0 cup, chunks	0.194
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	0.193
09315	Soursop, raw	225.0	1.0 cup, pulp	0.193
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	0.193
21235	McDONALD'S, QUARTER POUNDER with Cheese	199.0	1.0 item 7.1 oz	0.193
19151	Candies, REESE'S PIECES Candy	47.0	0.25 cup	0.193
19216	Candies, praline, prepared-from-recipe	39.0	1.0 piece	0.193
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.192
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	130.0	1.0 cup, cooked	0.192
06956	Soup, tomato, canned, condensed, reduced sodium	121.0	1.0 serving 1/2 cup	0.192
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	60.0	0.667 cup (1 NLEA serving)	0.192

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	243.0	1.0 serving	0.192
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.192
32017	Pasta mix, Italian four cheese lasagna, unprepared	117.0	1.0 package	0.192
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.192
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	179.0	1.0 slice 1/4 of pie	0.192
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	53.0	1.0 cup (1 NLEA serving)	0.191
28322	Bagels, multigrain	81.0	1.0 piece bagel	0.191
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	0.191
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	0.191
11239	Mushrooms, Chanterelle, raw	54.0	1.0 cup	0.191
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.190
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.190
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.190
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.190
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.190
19362	Syrups, table blends, corn, refiner, and sugar	316.0	1.0 cup	0.190
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	182.0	1.0 cup	0.189
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.189
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.189
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.188
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	30.5	1.0 fl oz	0.188
20015	Corn bran, crude	76.0	1.0 cup	0.188
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	0.188
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.188
06471	Soup, vegetable beef, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.188
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.188
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.188
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.188
09217	Orange-grapefruit juice, canned or bottled, unsweetened	247.0	1.0 cup	0.188
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.188
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.188
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.188
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.187
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.187

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.187
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	47.0	0.75 cup (1 NLEA serving)	0.187
09430	Pineapple, raw, extra sweet variety	165.0	1.0 cup, chunks	0.186
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.186
09071	Cherries, sweet, canned, water pack, solids and liquids	248.0	1.0 cup, pitted	0.186
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.186
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.186
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.186
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.185
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.185
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.185
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.185
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.185
19083	Candies, sweet chocolate coated fondant	43.0	1.0 patty, large	0.185
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.185
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.185
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.185
09059	Breadfruit, raw	220.0	1.0 cup	0.185
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.185
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.184
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.184
09351	Fruit cocktail, canned, heavy syrup, drained	214.0	1.0 cup	0.184
42278	Babyfood, vegetable and brown rice, strained	230.0	1.0 cup	0.184
42279	Babyfood, peas and brown rice	230.0	1.0 cup	0.184
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.184
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.184
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.184
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.183
09143	Guava sauce, cooked	238.0	1.0 cup	0.183
09036	Apricot nectar, canned, without added ascorbic acid	251.0	1.0 cup	0.183
09403	Apricot nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.183
09176	Mangos, raw	165.0	1.0 cup pieces	0.183
36610	DENNY'S, french fries	165.0	1.0 serving	0.183
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.183
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.183
21234	McDONALD'S, QUARTER POUNDER	171.0	1.0 item	0.183

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.183
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.183
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.183
09072	Cherries, sweet, canned, juice pack, solids and liquids	250.0	1.0 cup, pitted	0.182
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.182
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.182
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	0.182
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.182
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.182
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.182
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	52.0	1.0 cup (1 NLEA serving)	0.182
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.182
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55.0	1.0 cup (1 NLEA serving)	0.182
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.182
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.181
09048	Blackberries, frozen, unsweetened	151.0	1.0 cup, unthawed	0.181
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	0.181
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	0.181
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	55.0	0.67 cup (1 NLEA serving)	0.181
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.181
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	0.181
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	57.0	1.25 cup (1 NLEA serving)	0.181
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	0.181
43369	Beverages, Chocolate-flavored drink, whey and milk based	244.0	1.0 cup	0.181
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	56.0	1.0 serving 1 bar	0.180
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.180
25024	Pretzels, soft, unsalted	143.0	1.0 large	0.180
43109	Pretzels, soft	143.0	1.0 large	0.180
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.180
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.180
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.180
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.180
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.180
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.180

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.180
20025	Cornmeal, yellow, self-rising, degermed, enriched	138.0	1.0 cup	0.179
20325	Cornmeal, white, self-rising, degermed, enriched	138.0	1.0 cup	0.179
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.179
15001	Fish, anchovy, european, raw	85.0	3.0 oz	0.179
05626	Emu, full rump, raw	85.0	3.0 oz	0.179
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.179
05623	Emu, fan fillet, raw	85.0	1.0 serving (3 oz)	0.179
09056	Boysenberries, canned, heavy syrup	256.0	1.0 cup	0.179
03073	Babyfood, dinner, vegetables chicken, strained	256.0	1.0 cup	0.179
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	0.179
03061	Babyfood, dinner, vegetables and ham, strained	256.0	1.0 cup	0.179
20018	Corn flour, yellow, degermed, unenriched	126.0	1.0 cup	0.179
11518	Taro, raw	104.0	1.0 cup, sliced	0.179
36002	APPLEBEE'S, french fries	164.0	1.0 serving	0.179
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.179
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.178
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.178
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.178
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.178
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.178
11972	Lemon grass (citronella), raw	67.0	1.0 cup	0.178
01238	Ice cream sandwich	70.0	1.0 serving	0.178
01156	Cheese, goat, hard type	28.35	1.0 oz	0.178
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	0.178
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	0.178
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.178
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.178
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	240.0	1.0 cup	0.178
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	0.177
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	35.0	1.0 bar	0.177
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.177
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	59.0	1.0 cup (1 NLEA serving)	0.177
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	0.177
19366	Toppings, pineapple	340.0	1.0 cup	0.177
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.177

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	0.177
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	0.177
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.176
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.176
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.176
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.176
12058	Nuts, acorns, raw	28.35	1.0 oz	0.176
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.176
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.176
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.176
09040	Bananas, raw	225.0	1.0 cup, mashed	0.176
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	164.0	1.0 slice 1/4 of pie	0.175
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	0.175
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.175
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	0.175
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.175
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	16.0	0.25 cup (1 NLEA serving)	0.174
05628	Emu, inside drum, raw	85.0	3.0 oz	0.174
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.174
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.174
11616	Dock, raw	133.0	1.0 cup, chopped	0.174
11241	Kohlrabi, raw	135.0	1.0 cup	0.174
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	215.0	1.0 sandwich	0.174
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	0.174
09294	Prune juice, canned	256.0	1.0 cup	0.174
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	49.0	0.75 cup (1 NLEA serving)	0.174
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.174
19349	Syrups, corn, dark	328.0	1.0 cup	0.174
06037	Soup, lentil with ham, canned, ready-to-serve	248.0	1.0 cup (8 fl oz)	0.174
19125	Chocolate-flavored hazelnut spread	37.0	1.0 serving 2 TBSP	0.174
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.173
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	234.0	1.0 cup	0.173

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.173
19132	Candies, milk chocolate, with almonds	41.0	1.0 bar (1.45 oz)	0.173
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.173
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	201.0	6.0 inch sub	0.173
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	201.0	6.0 inch sub	0.173
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.173
21202	Fast foods, hamburger, large, single patty, with condiments	171.0	1.0 item	0.173
01133	Egg, whole, dried	85.0	1.0 cup, sifted	0.173
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	250.0	1.0 cup	0.172
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.172
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	250.0	1.0 cup	0.172
32008	Pasta mix, classic cheeseburger macaroni, unprepared	123.0	1.0 package	0.172
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.172
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	50.0	1.0 serving 1.76 oz bar	0.172
09167	Loganberries, frozen	147.0	1.0 cup, unthawed	0.172
09407	Peach nectar, canned, with added ascorbic acid	249.0	1.0 cup	0.172
09251	Peach nectar, canned, without added ascorbic acid	249.0	1.0 cup	0.172
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.172
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving (3 oz)	0.172
18968	Bagels, wheat	98.0	1.0 bagel	0.171
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.171
28306	Bread, chapati or roti, plain, commercially prepared	68.0	1.0 piece	0.171
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248.0	1.0 cup	0.171
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.171
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.171
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244.0	1.0 cup	0.171
23501	USDA Commodity, beef patties with VPP, frozen, cooked	68.0	1.0 patty	0.171
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.171
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.171
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	155.0	1.0 slice 1/4 of pie	0.170
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.170
36049	ON THE BORDER, cheese enchilada	250.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.170
06142	Sauce, sofrito, prepared from recipe	103.0	0.5 cup	0.170

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.170
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	242.0	1.0 cup	0.169
05630	Emu, outside drum, raw	85.0	3.0 oz	0.169
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.169
44158	Pie fillings, blueberry, canned	151.0	1.0 serving	0.169
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	0.169
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.169
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	0.169
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	0.169
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.168
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	237.0	1.0 cup	0.168
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.168
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.168
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.168
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.168
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	21.0	1.0 packet (.75 oz)	0.168
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	56.0	1.0 cup (1 NLEA serving)	0.168
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.168
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.168
43282	Quail, cooked, total edible	28.35	1.0 oz	0.168
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.168
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	207.0	6.0 inch sub	0.168
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.168
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.168
09262	Pear nectar, canned, without added ascorbic acid	250.0	1.0 cup	0.168
09408	Pear nectar, canned, with added ascorbic acid	250.0	1.0 cup	0.168
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	106.0	1.0 piece	0.167
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	0.167
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.167
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.167
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.167
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	0.167
22918	Burrito, bean and cheese, frozen	129.0	1.0 burrito	0.166
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	99.0	1.0 serving (3.5 oz)	0.166
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.166
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	0.166

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.166
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.166
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	0.165
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.165
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	48.0	1.0 package (1.69 oz)	0.165
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	55.0	25.0 biscuits (1 NLEA serving)	0.165
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.165
21105	Fast foods, fish sandwich, with tartar sauce	220.0	1.0 sandwich	0.165
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.165
43218	Cereals ready-to-eat, ALPEN	55.0	0.67 cup (1 NLEA serving)	0.165
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.165
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	0.165
05631	Emu, oyster, raw	85.0	3.0 oz	0.165
20006	Barley, pearled, cooked	157.0	1.0 cup	0.165
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.165
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.165
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.164
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	245.0	1.0 cup	0.164
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.164
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	252.0	1.0 cup	0.164
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	49.0	1.0 cup (1 NLEA serving)	0.164
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.163
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	230.0	1.0 sandwich	0.163
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.163
35144	Stew, dumpling with mutton (Navajo)	308.0	1.0 serving	0.163
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.163
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	255.0	1.0 cup	0.163
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	259.0	1.0 cup	0.163
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.163
19081	Candies, sweet chocolate	28.35	1.0 oz	0.163
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.163
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.162

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21121	Fast foods, roast beef sandwich, plain	149.0	1.0 sandwich	0.162
21527	ARBY'S, roast beef sandwich, classic	149.0	1.0 sandwich	0.162
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.162
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.162
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51.0	0.5 cup (1 NLEA serving)	0.162
11527	Tomatoes, green, raw	180.0	1.0 cup	0.162
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.162
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	228.0	6.0 inch sub	0.162
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	0.162
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	0.162
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	0.161
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.161
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.161
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.161
09063	Cherries, sour, red, raw	155.0	1.0 cup, without pits	0.161
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.161
11362	Potatoes, raw, skin	38.0	1.0 skin	0.161
17182	Game meat, raccoon, cooked, roasted	85.0	3.0 oz	0.161
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	0.161
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	0.161
17176	Game meat, opossum, cooked, roasted	85.0	3.0 oz	0.161
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	0.161
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	153.0	1.0 cup	0.161
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	153.0	1.0 cup	0.161
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	174.0	1.0 item 6.1 oz	0.160
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.160
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.160
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	108.0	1.0 filet	0.160
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.160
11298	Parsnips, raw	133.0	1.0 cup slices	0.160
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	50.0	1.0 cup (1 NLEA serving)	0.160
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.159
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.159
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.159

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.159
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	129.0	1.0 slice per 1/10 pizza	0.159
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.158
32020	Chicken, thighs, frozen, breaded, reheated	133.0	1.0 thigh with bone and breading	0.158
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	0.158
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	0.158
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.158
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	142.0	0.5 cup	0.158
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.157
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.157
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	0.157
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	199.0	1.0 item 7 oz	0.157
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	199.0	1.0 item	0.157
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	48.0	0.25 cup	0.157
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.157
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.157
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.157
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.157
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.157
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	0.157
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	145.0	1.0 slice 1/4 of pie	0.157
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	54.0	1.0 package (1.89 oz, 2 bars)	0.157
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.156
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	161.0	1.0 slice 1/4 of pie	0.156
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	52.0	0.75 cup (1 NLEA serving)	0.156
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.156
21359	McDONALD'S, Sausage McMUFFIN with Egg	165.0	1.0 item 5.8 oz	0.155
32011	Yellow rice with seasoning, dry packet mix, unprepared	57.0	1.0 serving (2 oz)	0.155
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.155
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	43.0	1.0 bar	0.155
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.155
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.155
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.155
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.155
25001	Snacks, popcorn, microwave, low fat	28.35	1.0 oz	0.155
43572	Popcorn, microwave, low fat and sodium	28.35	1.0 oz	0.155

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.154
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.154
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.154
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	0.154
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	0.154
11781	Cress, garden, cooked, boiled, drained, with salt	135.0	1.0 cup	0.154
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57.0	1.0 bar (2 oz)	0.154
11204	Cress, garden, cooked, boiled, drained, without salt	135.0	1.0 cup	0.154
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.154
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	0.154
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.154
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.154
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.154
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	348.0	1.0 regular (12 fl oz)	0.153
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	348.0	12.0 fl oz cup	0.153
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.153
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.153
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.153
05652	Ostrich, oyster, cooked	85.0	1.0 serving (3 oz)	0.153
17338	Game meat, elk, ground, raw	102.0	1.0 patty (yield from 102.2 g raw meat)	0.153
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.153
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.153
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.153
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	0.153
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.153
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.153
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	120.0	1.0 artichoke, medium	0.152
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120.0	1.0 artichoke, medium	0.152
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.152
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.152
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.152
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	138.0	1.0 cup pieces	0.152
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	178.0	1.0 cup (1" pieces)	0.151
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	178.0	1.0 cup (1" pieces)	0.151
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.151
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	0.151

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	0.151
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.151
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.151
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.151
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	121.0	1.0 cup spaghetti	0.151
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.151
16104	Bacon, meatless	144.0	1.0 cup	0.151
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	184.0	6.0 inch sub	0.151
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.151
21506	BURGER KING, Double Cheeseburger	162.0	1.0 sandwich	0.151
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	198.0	6.0 inch sub	0.150
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	198.0	6.0 inch sub	0.150
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.150
08029	Cereals ready-to-eat, POST Bran Flakes	30.0	0.75 cup (1 NLEA serving)	0.150
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	30.0	0.333 cup (1 NLEA serving)	0.150
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	57.0	1.0 cup (1 NLEA serving)	0.150
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.150
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	48.0	0.5 cup (1 NLEA serving)	0.150
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	0.150
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	0.150
19322	Puddings, coconut cream, dry mix, instant	99.0	1.0 package (3.5 oz)	0.149
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	148.0	6.0 inch sub	0.149
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	148.0	6.0 inch sub	0.149
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.149
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.149
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.149
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	51.0	2.0 cookie 2011 label	0.149
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.149
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	0.149
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.149
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.149
21398	Fast foods, cheeseburger; single, large patty; with condiments	199.0	1.0 item	0.149
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	28.35	1.0 oz	0.149
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.149
06246	Soup, cream of onion, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.149
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.149

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.149
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.149
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	0.149
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.149
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.148
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.148
06018	Soup, chunky chicken noodle, canned, ready-to-serve	530.0	1.0 can	0.148
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.148
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	31.0	0.75 cup (1 NLEA serving)	0.148
08402	Cereals, QUAKER, Quick Oats, Dry	40.0	0.5 cup	0.148
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	0.148
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.148
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	0.148
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	0.148
43483	Millet, puffed	21.0	1.0 cup	0.147
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.147
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.147
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.147
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.147
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.147
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.147
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.147
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237.0	1.0 cup	0.147
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.147
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.147
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.147
06409	Soup, beef noodle, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.146
06446	Soup, cream of onion, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.146
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.146
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	117.0	1.0 slice	0.146
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.146
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.146
36031	DENNY'S, onion rings	166.0	1.0 serving	0.146

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	200.0	1.0 item 7 oz	0.146
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.146
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.146
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	221.0	1.0 item	0.146
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	54.0	1.0 bar 1.92 oz	0.146
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	0.146
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	55.0	0.666 cup (1 NLEA serving)	0.146
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	275.0	1.0 cup	0.146
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.146
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	5.6	1.0 tbsp	0.146
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	0.145
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	0.145
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.145
11697	Arrowroot, raw	120.0	1.0 cup, sliced	0.145
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.145
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29.0	0.75 cup (1 NLEA serving)	0.145
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	127.0	0.25 pizza 12" diameter	0.145
20034	Oat bran, cooked	219.0	1.0 cup	0.145
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.145
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	129.0	1.0 slice	0.144
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	40.0	0.5 cup (1 NLEA serving)	0.144
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	0.144
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	0.144
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	0.144
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.144
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.144
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.144
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	48.0	0.75 cup (1 NLEA serving)	0.144
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.144
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.144
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.144
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.144
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.144
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	0.144
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.144
35203	Rose Hips, wild (Northern Plains Indians)	127.0	1.0 cup	0.144

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.144
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	0.144
11563	Tree fern, cooked, without salt	71.0	0.5 cup, chopped	0.143
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.143
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.143
43417	Babyfood, meat, beef with vegetables, toddler	179.0	1.0 jar NFS	0.143
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	0.143
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.142
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.142
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.142
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.142
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.142
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.142
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	315.0	1.0 cup	0.142
18310	Pie, chocolate creme, commercially prepared	120.0	1.0 serving .167 pie	0.142
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.141
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.141
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.141
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.141
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.141
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.141
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.141
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.141
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.141
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.141
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.140
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.140
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.140
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.140
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.140
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.140
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.140
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.140
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.140

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.140
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.140
05641	Ostrich, ground, raw	109.0	1.0 patty	0.140
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	32.0	1.0 bar	0.140
09068	Cherries, sour, red, frozen, unsweetened	155.0	1.0 cup, unthawed	0.139
19279	Candies, milk chocolate coated coffee beans	28.35	1.0 oz	0.139
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.139
43382	Cranberry juice, unsweetened	253.0	1.0 cup	0.139
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	130.0	1.0 cup prepared	0.139
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	0.139
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	0.139
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	0.139
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.139
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.139
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.139
14196	Beverages, Cocoa mix, no sugar added, powder	19.0	1.0 envelope Alba (.675 oz)	0.139
11802	New zealand spinach, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.139
06046	Soup, cream of onion, canned, condensed	126.0	0.5 cup	0.139
11277	New Zealand spinach, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.139
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.139
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.139
23506	USDA Commodity, beef patties with VPP, frozen, raw	85.0	1.0 serving	0.139
08182	Cereals, WHEATENA, cooked with water, with salt	243.0	1.0 cup	0.139
35142	Frybread, made with lard (Navajo)	152.0	1.0 piece	0.138
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.138
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	68.0	0.5 cup	0.138
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	184.0	6.0 inch sub	0.138
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	184.0	6.0 inch sub	0.138
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.138
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.138
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.138
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	30.5	1.0 fl oz	0.138
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.138

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09286	Pomegranates, raw	87.0	0.5 cup arils (seed/juice sacs)	0.137
11799	Mustard greens, cooked, boiled, drained, with salt	140.0	1.0 cup, chopped	0.137
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.137
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	0.137
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.137
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.137
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	0.137
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	0.137
21488	Fast foods, quesadilla, with chicken	180.0	1.0 each quesadilla	0.137
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	0.137
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	43.0	1.0 packet (1 NLEA serving)	0.137
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	0.137
20013	Bulgur, cooked	182.0	1.0 cup	0.136
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.136
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.136
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.136
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.136
22914	Pasta with tomato sauce, no meat, canned	252.0	1.0 serving (1 NLEA serving)	0.136
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.136
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.136
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.136
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.136
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.136
43364	Snacks, tortilla chips, unsalted, white corn	26.0	1.0 cup	0.136
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	45.0	1.0 packet	0.136
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	127.0	1.0 slice	0.136
06463	Soup, tomato rice, canned, prepared with equal volume water	247.0	1.0 cup	0.136
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.136
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	238.0	1.0 cup	0.136
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	133.0	1.0 piece 4" x 6"	0.136
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	0.136
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	0.136
21321	McDONALD'S, Hotcakes (plain)	149.0	3.0 hotcakes 5.3 oz	0.136
11977	Peppers, serrano, raw	105.0	1.0 cup, chopped	0.135
09177	Mangosteen, canned, syrup pack	196.0	1.0 cup, drained	0.135

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.135
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.135
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	233.0	1.0 cup	0.135
06174	Soup, stock, fish, home-prepared	233.0	1.0 cup	0.135
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	70.0	1.0 serving 2 waffles	0.135
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.135
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.135
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.135
19111	Candies, NESTLE, BABY RUTH Bar	60.0	1.0 serving 2.1 oz bar	0.135
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	0.135
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	0.135
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.135
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	37.0	1.0 packet	0.135
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	0.135
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.135
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	114.0	1.0 slice	0.135
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.134
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	249.0	1.0 serving 1 cup	0.134
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.134
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	0.134
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.134
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.134
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.134
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.134
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.134
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	170.0	1.0 container (6 oz)	0.134
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	0.134
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.134
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.134
06456	Soup, cream of shrimp, canned, prepared with equal volume water	244.0	1.0 cup	0.134
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.134
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	134.0	1.0 cup	0.134

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
19124	Baking chocolate, mexican, squares	20.0	1.0 tablet	0.134
11417	Pumpkin flowers, cooked, boiled, drained, without salt	134.0	1.0 cup	0.134
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.134
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.134
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.134
28313	Rolls, hamburger or hot dog, whole wheat	56.0	1.0 roll	0.134
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.134
09429	Pineapple, raw, traditional varieties	165.0	1.0 cup, chunks	0.134
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.134
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.134
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	0.134
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	0.133
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	0.133
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	0.133
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.133
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	247.0	1.0 cup	0.133
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.133
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.133
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.133
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.133
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.133
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	100.0	1.0 cup (1" pieces)	0.133
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	100.0	1.0 cup (1" pieces)	0.133
32018	Spanish rice mix, dry mix, unprepared	70.0	0.5 cup	0.133
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	43.0	6.0 cracker 1 serving	0.133
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.133
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.133
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.133
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241.0	1.0 cup	0.133
28288	Bread, roll, Mexican, bolillo	98.0	1.0 piece	0.132
08142	Cereals, WHEATENA, dry	40.0	0.33 cup (1 NLEA serving)	0.132
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.132
07911	Liverwurst spread	55.0	0.25 cup	0.132
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	347.0	12.0 fl oz	0.132
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.132
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.132

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.132
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.132
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.132
11880	Taro, shoots, cooked, with salt	140.0	1.0 cup slices	0.132
11523	Taro shoots, cooked, without salt	140.0	1.0 cup slices	0.132
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	50.0	1.0 cup (1 NLEA serving)	0.132
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.131
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	0.131
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.131
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.131
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.131
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	0.131
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.131
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.131
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.131
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	0.131
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	0.131
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.131
09232	Passion-fruit juice, purple, raw	247.0	1.0 cup	0.131
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.131
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.131
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	170.0	1.0 package (6 oz)	0.131
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.131
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.131
05650	Ostrich, outside strip, cooked	85.0	1.0 serving (3 oz)	0.131
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	0.131
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.131
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.131
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.131
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.130
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.130
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.130
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.130
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.130

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.130
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.130
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.130
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	0.130
05647	Ostrich, inside strip, cooked	85.0	1.0 serving (3 oz)	0.130
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	0.130
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.130
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	0.130
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	203.0	1.0 breast, with skin	0.130
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.130
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	206.0	1.0 cup	0.130
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	519.0	1.0 can	0.130
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.130
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.130
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	0.130
06172	Soup, stock, chicken, home-prepared	240.0	1.0 cup	0.130
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.130
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	0.129
09352	Blueberries, canned, light syrup, drained	244.0	1.0 cup	0.129
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	0.129
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving (3 oz)	0.129
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	253.0	1.0 cup (8 fl oz)	0.129
06063	Soup, tomato rice, canned, condensed	129.0	0.5 cup (4 fl oz)	0.129
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.129
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	0.129
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.129
06423	Soup, chicken with rice, canned, prepared with equal volume water	243.0	1.0 serving 1 cup	0.129
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	116.0	1.0 slice	0.129
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.129
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.129
12071	Nuts, almond paste	28.35	1.0 oz	0.129
21013	Fast foods, croissant, with egg, cheese, and ham	155.0	1.0 item	0.129
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	118.0	1.0 slice	0.129
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.128

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.128
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	0.128
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	0.128
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.128
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	0.128
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	0.128
36027	DENNY'S, chicken strips	194.0	1.0 serving	0.128
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.128
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.128
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.128
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.128
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.128
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.127
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	130.0	1.0 piece 4"x6"	0.127
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.127
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	0.127
19866	Candies, soft fruit and nut squares	42.0	3.0 pieces	0.127
21362	McDONALD'S, Sausage Biscuit with Egg	163.0	1.0 item 5.7 oz	0.127
43131	Luncheon slices, meatless	14.0	1.0 slice, thin	0.127
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.127
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	127.0	1.0 piece 4"x6"	0.127
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.127
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	99.0	1.0 bagel	0.127
21364	McDONALD'S, Hotcakes and Sausage	192.0	1.0 item	0.127
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.127
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.127
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	0.127
32005	Macaroni and cheese, box mix with cheese sauce, prepared	189.0	1.0 cup prepared	0.127
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	0.126
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.126
08143	Cereals, WHEATENA, cooked with water	243.0	1.0 cup	0.126
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	133.0	10.0 strip	0.126
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	0.126
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	125.0	1.0 slice	0.126

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
35202	Raspberries, wild (Northern Plains Indians)	130.0	1.0 cup	0.126
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.126
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
06013	Soup, chicken broth, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
06056	Soup, cream of shrimp, canned, condensed	126.0	0.5 cup	0.126
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
06028	Soup, clam chowder, manhattan, canned, condensed	126.0	0.5 cup (4 fl oz)	0.126
09518	Raspberries, frozen, unsweetened	140.0	1.0 cup, unthawed	0.126
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	50.0	1.0 cup (1 NLEA serving)	0.126
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.126
19324	Puddings, coconut cream, dry mix, regular	88.0	1.0 package (3.12 oz)	0.126
17147	Game meat, bear, cooked, simmered	85.0	3.0 oz	0.126
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	0.126
05645	Ostrich, inside leg, cooked	85.0	1.0 serving (3 oz)	0.126
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	0.126
13340	Beef, variety meats and by-products, tongue, cooked, simmered	85.0	3.0 oz	0.126
05658	Ostrich, top loin, cooked	85.0	1.0 serving (3 oz)	0.126
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.126
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	0.126
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.126
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.126
21507	WENDY'S, Double Stack, with cheese	146.0	1.0 sandwich	0.126
21395	Fast foods, cheeseburger; double, regular patty; with condiments	155.0	1.0 sandwich	0.126
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	155.0	1.0 sandwich	0.126
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	111.0	1.0 slice	0.125
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.125
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	44.0	1.0 packet	0.125
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	115.0	1.0 sandwich	0.125
21102	Fast foods, chicken fillet sandwich, plain with pickles	187.0	1.0 sandwich	0.125
21526	CHICK-FIL-A, chicken sandwich	187.0	1.0 sandwich	0.125
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	50.0	1.0 bar (1.76 oz)	0.125
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.125
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.125
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.125

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.125
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.125
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.125
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.125
19423	Snacks, potato chips, fat-free, made with olestra	28.35	1.0 oz	0.125
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	152.0	1.0 sandwich	0.125
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	0.125
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	0.125
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	249.0	1.0 cup	0.125
21090	Fast foods, cheeseburger; single, regular patty, with condiments	127.0	1.0 item	0.124
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.124
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	244.0	1.0 cup	0.124
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.124
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.124
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.124
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.124
06413	Soup, chicken broth, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.124
06963	Fish broth	244.0	1.0 cup	0.124
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.124
03077	Babyfood, dinner, pasta with vegetables	113.0	1.0 jar, Gerber (4 oz)	0.124
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.124
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.124
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.124
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.124
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	0.124
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.124
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	0.124
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.124
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.124
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.124
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.124
06011	Soup, cheese, canned, condensed	124.0	0.5 cup	0.124
36051	ON THE BORDER, cheese quesadilla	203.0	1.0 serving 1 quesadilla	0.124

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	0.124
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	119.0	1.0 slice	0.124
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.124
09233	Passion-fruit juice, yellow, raw	247.0	1.0 cup	0.124
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.123
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.123
15128	Fish, tuna salad	85.0	3.0 oz	0.123
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.123
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.123
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.123
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	0.123
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.123
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.123
06045	Soup, onion, canned, condensed	123.0	0.5 cup (4 fl oz)	0.123
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	123.0	0.5 cup	0.123
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.123
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.123
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.123
09191	Nectarines, raw	143.0	1.0 cup slices	0.123
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.123
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.123
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	96.0	1.0 unit	0.123
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.123
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	28.35	1.0 oz	0.123
09374	Pears, canned, heavy syrup, drained	201.0	1.0 cup	0.123
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.123
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.122
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.122
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.122
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.122
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.122
06970	Soup, chicken broth, low sodium, canned	240.0	1.0 cup	0.122
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.122
09520	Kiwifruit, ZESPRI SunGold, raw	81.0	1.0 fruit	0.122
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	0.122

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
19296	Honey	339.0	1.0 cup	0.122
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	0.122
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.122
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.122
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.122
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.122
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.122
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.122
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.122
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.122
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.122
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	0.122
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.122
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.122
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.122
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.121
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	31.0	1.0 serving	0.121
06023	Soup, chicken with rice, canned, condensed	126.0	0.5 cup	0.121
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	0.121
09021	Apricots, raw	155.0	1.0 cup, halves	0.121
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	0.121
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.121
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.121
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	198.0	1.0 cup	0.121
13323	Beef, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.121
11208	Dandelion greens, cooked, boiled, drained, without salt	105.0	1.0 cup, chopped	0.121
11782	Dandelion greens, cooked, boiled, drained, with salt	105.0	1.0 cup, chopped	0.121
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	0.121
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.121
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	0.121
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	0.121
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.121
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	0.121
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	0.121
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	0.121

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	0.121
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.121
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.121
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.121
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	0.121
27062	Soup, beef barley, ready to serve	208.0	1.0 cup	0.121
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.120
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	0.120
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.120
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	0.120
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.120
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.120
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245.0	1.0 cup (unprepared)	0.120
09124	Grapefruit juice, white, canned, sweetened	250.0	1.0 cup	0.120
07056	Peppered loaf, pork, beef	100.0	3.52 slices	0.120
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	40.0	0.5 cup (1 NLEA serving)	0.120
06170	Soup, stock, beef, home-prepared	240.0	1.0 cup	0.120
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.120
09277	Plantains, raw	148.0	1.0 cup, sliced	0.120
05644	Ostrich, inside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.120
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	0.120
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.120
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.120
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.120
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	0.120
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	0.120
09084	Currants, red and white, raw	112.0	1.0 cup	0.120
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.120
21250	BURGER KING, Hamburger	99.0	1.0 sandwich	0.120
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	0.120
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.120
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.120
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	0.120
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.120

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.120
09296	Quinces, raw	92.0	1.0 fruit without refuse	0.120
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	115.0	1.0 slice	0.120
43387	Turnip greens, canned, no salt added	144.0	1.0 cup	0.120
21344	McDONALD'S, Double Cheeseburger	155.0	1.0 sandwich	0.119
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.119
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.119
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	0.119
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.119
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.119
09287	Prickly pears, raw	149.0	1.0 cup	0.119
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.119
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	0.119
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	0.119
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.119
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.119
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	0.119
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.119
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	35.0	1.0 bar	0.119
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.119
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.119
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.119
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	0.119
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.119
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.119
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	98.0	1.0 cup dry mix	0.119
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.119
11437	Salsify, (vegetable oyster), raw	133.0	1.0 cup slices	0.118
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.118
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	0.118
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.118
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.118
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.118
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.118
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.118

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.118
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.118
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.118
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	127.0	1.0 serving 4.5 oz	0.118
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	0.118
25038	Snacks, granola bars, soft, almond, confectioners coating	35.0	1.0 bar	0.118
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	31.0	0.75 cup (1 NLEA serving)	0.118
32016	Macaroni or noodles with cheese, microwaveable, unprepared	61.0	1.0 serving 1 pouch	0.118
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.118
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.118
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.118
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	0.118
43283	Pheasant, cooked, total edible	140.0	1.0 cup, chopped or diced	0.118
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.118
19098	Candies, 5TH AVENUE Candy Bar	56.0	1.0 bar 2 oz	0.118
18235	Crackers, whole-wheat	28.0	1.0 serving	0.118
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	113.0	1.0 slice	0.118
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	0.118
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	0.117
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	0.117
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.117
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.117
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	0.117
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.117
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	0.117
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.117
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	0.117
35147	Tamales (Navajo)	186.0	1.0 piece	0.117
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.117
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.117
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.117
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.117
19238	Candies, REESE'S BITES	39.0	16.0 pieces	0.117
36019	APPLEBEE'S, chili	136.0	1.0 cup	0.117

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	0.117
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.117
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.117
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.117
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	110.0	1.0 slice	0.117
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.117
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	58.0	1.0 cup	0.117
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	58.0	1.0 cup	0.117
11976	Pepper, banana, raw	124.0	1.0 cup	0.117
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	0.116
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.116
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.116
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.116
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.116
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.116
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.116
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.116
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.116
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.116
22902	Pizza, meat topping, thick crust, frozen, cooked	103.0	1.0 slice 1/8 of 12" pizza	0.116
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	0.116
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.116
28307	Bread, naan, plain, commercially prepared, refrigerated	90.0	1.0 piece	0.116
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	116.0	1.0 bar (NLEA serving)	0.116
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	0.116
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	0.116
19069	Candies, NESTLE, BUTTERFINGER Bar	60.0	1.0 serving 2.1 oz bar	0.116
11613	Borage, raw	89.0	1.0 cup (1" pieces)	0.116
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.116
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.116
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.116

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	0.116
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.116
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	0.116
05643	Ostrich, fan, raw	85.0	1.0 serving (cooked from 4oz raw)	0.116
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.116
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.116
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	108.0	1.0 slice	0.116
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	53.0	1.0 cup (1 NLEA serving)	0.116
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	30.0	1.0 cup (1 NLEA serving)	0.116
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	0.116
21233	McDONALD'S, Cheeseburger	119.0	1.0 item 4 oz	0.115
28286	Bread, paratha, whole wheat, commercially prepared, frozen	79.0	1.0 piece	0.115
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	0.115
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.115
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.115
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.115
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.115
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	44.0	3.0 cookies	0.115
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	44.0	3.0 cookies	0.115
09252	Pears, raw	140.0	1.0 cup, slices	0.115
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.115
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	0.115
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.115
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.115
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.115
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	0.115
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.114
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	0.114
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	0.114
03112	Babyfood, potatoes, toddler	163.0	1.0 cup	0.114
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.114
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	82.0	1.0 serving	0.114
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	44.0	1.0 roll	0.114
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	44.0	1.0 roll	0.114

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.114
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.114
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.114
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.114
07900	Turkey, pork, and beef sausage, low fat, smoked	85.0	3.0 oz	0.114
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.113
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.113
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	0.113
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.113
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.113
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.113
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.113
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.113
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.113
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.113
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	0.113
03114	Babyfood, vegetable, butternut squash and corn	113.0	1.0 jar, Gerber (4 oz)	0.113
21247	WENDY'S, french fries	71.0	1.0 kid's meal Serving	0.113
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	136.0	1.0 thigh with skin	0.113
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.113
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.113
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.113
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.113
16129	Tofu, fried	28.35	1.0 oz	0.113
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	0.113
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	230.0	1.0 cup	0.113
01109	Milk, sheep, fluid	245.0	1.0 cup	0.113
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.113
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.112
11274	Mustard spinach, (tendergreen), raw	150.0	1.0 cup, chopped	0.112
80200	Frog legs, raw	45.0	1.0 leg	0.112
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.112
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	250.0	1.0 cup	0.112
06122	Gravy, mushroom, dry, powder	21.0	1.0 cup (8 fl oz)	0.112

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.112
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.112
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	57.0	1.0 package (2 oz)	0.112
13321	Beef, variety meats and by-products, heart, raw	28.35	1.0 oz	0.112
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.112
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.112
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	0.112
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.112
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.112
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.112
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	30.0	1.0 cup (1 NLEA serving)	0.112
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.112
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.112
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.112
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.112
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	112.0	4.0 oz	0.112
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	112.0	4.0 oz	0.112
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.112
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.112
28329	Cookies, chocolate, made with rice cereal	62.0	1.0 cookie	0.112
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.111
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.111
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.111
05651	Ostrich, oyster, raw	85.0	1.0 serving (cooked from 4 oz raw)	0.111
17330	Game meat , bison, ground, raw	85.0	1.0 serving (3 oz)	0.111
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.111
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.111
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving (3 oz)	0.111
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.111
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.111
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.111
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.111
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	210.0	1.0 cup	0.111
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.111

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.111
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.111
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.111
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.111
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.111
09302	Raspberries, raw	123.0	1.0 cup	0.111
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.111
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	0.111
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.111
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.111
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	0.111
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	0.111
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	0.110
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.110
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.110
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.110
11564	Turnips, raw	130.0	1.0 cup, cubes	0.110
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	0.110
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.110
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.110
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	0.110
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.110
42129	Bologna, beef and pork, low fat	138.0	1.0 cup pieces	0.110
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.110
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	240.0	1.0 cup	0.110
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.110
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	42.0	1.0 piece (1 serving)	0.110
09082	Cranberry-orange relish, canned	275.0	1.0 cup	0.110
01223	Protein supplement, milk based, Muscle Milk, powder	11.0	1.0 tbsp	0.110
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	55.0	27.0 biscuits (1 NLEA serving)	0.110
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	55.0	1.25 cup (1 NLEA serving)	0.110
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.110
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.110
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	112.0	1.0 slice	0.110

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.110
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.110
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.110
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.110
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.110
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.110
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.110
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.110
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	0.110
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.110
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	0.110
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	15.0	1.0 envelope Swiss Miss (.53 oz)	0.109
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	55.0	0.667 cup (1 NLEA serving)	0.109
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.109
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.109
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.109
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.109
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.109
11141	Celeriac, raw	156.0	1.0 cup	0.109
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	0.109
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	0.109
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.109
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.109
09206	Orange juice, raw	248.0	1.0 cup	0.109
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.109
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.109
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.109
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.109
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.109
11278	Okra, raw	100.0	1.0 cup	0.109
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	0.109
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.109
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz (1serving)	0.109
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.109
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.109

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	0.109
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.109
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.109
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.109
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	0.109
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.109
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.109
07040	Liver cheese, pork	28.35	1.0 oz	0.109
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.109
11655	Carrot juice, canned	236.0	1.0 cup	0.109
19917	Candies, M&M MARS Pretzel Chocolate Candies	40.0	0.25 cup	0.108
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.108
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	0.108
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.108
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	132.0	1.0 serving 1/2 cup	0.108
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	105.0	1.0 slice	0.108
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.108
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.108
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.108
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.108
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	0.108
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	0.108
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	0.108
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.108
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.108
28324	Pancakes, whole wheat, dry mix, incomplete	38.0	0.25 cup mix 1 serving	0.108
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.108
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.108
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.108
32024	Rice mix, cheese flavor, dry mix, unprepared	57.0	0.25 cup dry rice mix	0.108
11299	Parsnips, cooked, boiled, drained, without salt	78.0	0.5 cup slices	0.108
11808	Parsnips, cooked, boiled, drained, with salt	78.0	0.5 cup slices	0.108
11656	Corn pudding, home prepared	250.0	1.0 cup	0.108
21355	McDONALD'S, McCHICKEN Sandwich	131.0	1.0 sandwich	0.107

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.107
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	0.107
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.107
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.107
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.107
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.107
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.107
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	0.107
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.107
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.107
21306	Fast foods, griddle cake sandwich, sausage	135.0	1.0 item	0.107
21328	McDONALD'S, Sausage McGRIDDLES	135.0	1.0 item	0.107
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.107
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.106
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.106
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.106
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.106
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.106
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.106
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.106
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	0.106
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.106
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.106
01061	Cheese, American, nonfat or fat free	19.0	1.0 serving	0.106
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	126.0	1.0 sandwich	0.106
21357	McDONALD'S, Egg McMUFFIN	126.0	1.0 sandwich	0.106
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	0.106
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.106
18177	Cookies, molasses	28.35	1.0 oz	0.106
09057	Boysenberries, frozen, unsweetened	132.0	1.0 cup, unthawed	0.106
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	211.0	1.0 can (6 fl oz)	0.106
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	211.0	1.0 can (6 fl oz)	0.106

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	7.4	1.0 tbsp	0.105
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.105
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.105
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.105
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	0.105
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.105
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.105
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.105
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	0.105
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.105
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.105
09107	Gooseberries, raw	150.0	1.0 cup	0.105
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.105
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	0.105
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.105
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	0.105
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.105
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.105
32012	Pizza rolls, frozen, unprepared	80.0	1.0 serving 6 rolls	0.105
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.105
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.105
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30.0	0.75 cup (1 NLEA serving)	0.105
21358	McDONALD'S, Sausage McMUFFIN	115.0	1.0 item 4 oz	0.105
11970	Cabbage, napa, cooked	109.0	1.0 cup	0.105
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.105
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.105
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.105
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.105
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.105
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.105
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.105
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	0.105
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.105
07972	Meatballs, frozen, Italian style	85.0	3.0 oz	0.105
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	0.105

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.105
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.105
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.105
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.105
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.105
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.105
11063	Beans, snap, green, microwaved	116.0	1.0 cup 1/2" pieces	0.104
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.104
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	0.104
11526	Taro, tahitian, cooked, without salt	137.0	1.0 cup slices	0.104
11881	Taro, tahitian, cooked, with salt	137.0	1.0 cup slices	0.104
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.104
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	0.104
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.104
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.104
09185	Melon balls, frozen	173.0	1.0 cup, unthawed	0.104
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.104
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	0.104
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.104
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.104
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	0.104
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.104
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.104
15098	Fish, sheephead, cooked, dry heat	85.0	3.0 oz	0.104
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.104
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.104
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.104
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.104
06983	Soup, ramen noodle, chicken flavor, dry	81.0	1.0 package without flavor packet	0.104
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	128.0	1.0 serving 1/2 cup	0.104
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	0.104
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	142.0	1.0 item 4.9 oz	0.104

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.104
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.103
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	43.0	1.0 packet	0.103
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.103
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.103
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.103
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.103
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.103
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.103
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	0.103
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.103
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.103
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.103
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	0.103
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	0.103
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	0.103
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.103
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.103
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	0.103
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.103
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.103
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.103
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.103
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.103
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.103
43311	Potatoes, canned, drained solids, no salt added	180.0	1.0 cup	0.103
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.103
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	168.0	1.0 cup	0.102
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	168.0	1.0 cup	0.102
03059	Babyfood, dinner, vegetables and bacon, strained	256.0	1.0 cup	0.102
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	0.102
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.102
11540	Tomato juice, canned, with salt added	243.0	1.0 cup	0.102

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.102
06583	Soup, ramen noodle, any flavor, dry	81.0	1.0 package without flavor packet	0.102
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.102
11080	Beets, raw	136.0	1.0 cup	0.102
09183	Melons, casaba, raw	170.0	1.0 cup, cubes	0.102
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	0.102
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.102
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	0.102
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.102
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.102
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.102
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	0.102
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.102
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.102
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.102
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.102
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.102
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	0.102
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	0.102
03154	Babyfood, fruit and vegetable, apple and sweet potato	113.0	1.0 jar, Gerber (4 oz)	0.102
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.102
01115	Whey, sweet, dried	145.0	1.0 cup	0.102
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.101
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	30.0	0.75 cup (1 NLEA serving)	0.101
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.101
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.101
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.101
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.101
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.101
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.101
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.101
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.101
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.101

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	0.101
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.101
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	0.101
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.101
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.101
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.101
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.101
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.101
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.101
21339	McDONALD'S, McFLURRY with OREO cookies	337.0	1.0 regular (12 fl oz)	0.101
21413	Light Ice Cream, soft serve, blended with cookie pieces	337.0	12.0 fl oz cup	0.101
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	43.0	1.0 packet	0.101
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.101
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.101
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.101
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.101
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.101
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.101
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.101
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.101
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.101
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	56.0	2.0 oz bar	0.101
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	14.0	2.0 tbsp (1 NLEA serving)	0.101
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	28.0	3.0 scoop	0.101
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.101
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.101
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	138.0	1.0 item	0.101
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	0.101
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	0.101
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.100
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.100
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.100
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.100

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23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.100
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.100
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.100
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.100
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.100
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.100
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.100
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.100
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.100
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.100
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.100
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.100
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	32.0	0.75 cup (1 NLEA serving)	0.100
19186	Desserts, apple crisp, prepared-from-recipe	141.0	0.5 cup	0.100
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.100
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.100
06982	Soup, ramen noodle, beef flavor, dry	82.0	1.0 package without flavor packet	0.100
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.100
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.100
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	74.0	10.0 strip	0.100
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	0.100
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.100
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.100
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	0.100
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.099
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	0.099
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.099
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.099
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.099
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.099
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	0.099
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.099
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	0.099
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.099
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.099

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11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.099
09301	Rambutan, canned, syrup pack	150.0	1.0 cup, drained	0.099
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	0.099
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	52.0	1.0 pastry	0.099
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.099
19823	Potato chips, without salt, reduced fat	28.35	1.0 oz	0.099
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.099
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.099
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	0.099
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	0.099
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.099
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	0.099
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.099
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.099
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.099
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.099
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	0.099
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	0.099
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.099
31021	Potatoes, hash brown, refrigerated, unprepared	159.0	1.0 cup unprepared	0.099
22998	Rice and vermicelli mix, chicken flavor, unprepared	56.0	0.333 cup	0.099
21012	Fast foods, croissant, with egg, cheese, and bacon	128.0	1.0 item	0.099
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	0.098
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	43.0	1.0 piece	0.098
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.098
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.098
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.098
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.098
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.098
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.098
35237	Tamales, masa and pork filling (Hopi)	113.0	4.0 oz	0.098
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	0.098

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.098
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.098
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.098
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.098
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.098
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	245.0	1.0 cup	0.098
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.098
21108	Fast foods, hamburger; single, regular patty; with condiments	97.0	1.0 sandwich	0.098
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	124.0	1.0 slice per 1/10 pizza	0.098
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.098
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.098
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.098
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.098
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.098
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.098
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.098
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.098
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.098
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.098
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.098
28305	Pancakes, plain, reduced fat	105.0	1.0 serving 3 pancakes	0.098
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	35.0	1.0 packet	0.098
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	0.098
06969	Potato soup, instant, dry mix	39.0	1.0 serving 1/3 cup	0.098
43135	Sandwich spread, meatless	15.0	1.0 tbsp	0.097
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.097
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.097
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.097
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	0.097
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.097
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.097
09205	Oranges, raw, with peel	170.0	1.0 cup	0.097
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.097

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17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.097
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	0.097
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.097
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.097
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.097
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.097
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	0.097
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.097
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.097
28309	Cookies, coconut macaroon	36.0	2.0 cookie 1 serving	0.097
11106	Butterbur, (fuki), raw	94.0	1.0 cup	0.097
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.097
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	35.0	2.0 tbsp	0.097
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.097
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.097
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.097
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.097
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.097
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.096
09083	Currants, european black, raw	112.0	1.0 cup	0.096
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.096
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.096
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.096
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	0.096
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.096
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.096
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.096
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.096
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.096
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.096
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.096
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	0.096
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.096
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	0.096

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12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.096
43027	Jellies, no sugar (with sodium saccharin), any flavors	300.0	1.0 cup	0.096
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.096
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.096
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breadding removed	152.0	1.0 breast without skin	0.096
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.096
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	30.0	0.75 cup (1 NLEA serving)	0.096
18168	Cookies, chocolate sandwich, with extra creme filling	28.35	1.0 oz	0.096
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.096
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.095
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	0.095
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.095
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.095
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.095
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.095
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.095
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	0.095
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.095
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.095
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.095
28325	Crackers, toast thins, low sodium	31.0	1.0 serving	0.095
28330	Cookies, marshmallow, with rice cereal and chocolate chips	22.0	1.0 bar	0.095
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	0.095
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	0.095
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.095
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.095
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	0.095
11852	Salsify, cooked, boiled, drained, with salt	135.0	1.0 cup slices	0.095
11438	Salsify, cooked, boiled, drained, without salt	135.0	1.0 cup, sliced	0.095
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	0.094
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	0.094
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.094
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.094
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.094
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.094

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.094
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.094
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.094
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.094
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.094
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.094
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	0.094
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.094
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	0.094
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.094
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	0.094
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.094
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.094
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	0.094
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.094
11207	Dandelion greens, raw	55.0	1.0 cup, chopped	0.094
09279	Plums, raw	165.0	1.0 cup, sliced	0.094
11197	Cowpeas, young pods with seeds, raw	94.0	1.0 cup	0.094
21249	BURGER KING, french fries	74.0	1.0 small serving	0.094
42186	Frozen yogurts, chocolate	174.0	1.0 cup	0.094
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.094
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	0.094
19235	Puddings, chocolate, ready-to-eat, fat free	113.0	1.0 serving 4 oz	0.094
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.094
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	30.0	0.75 cup (1 NLEA serving)	0.094
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.094
18283	Muffins, oat bran	28.35	1.0 oz	0.094
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.094
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	0.094
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.094
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.094
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.094
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.094
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.094

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.094
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.094
15044	Fish, ling, raw	85.0	3.0 oz	0.094
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	0.094
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.094
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	0.094
28320	English muffins, whole grain white	57.0	1.0 muffin 1 serving	0.093
21508	WEND'YS, Crispy Chicken Sandwich	126.0	1.0 sandwich	0.093
09530	Fruit juice smoothie, ODWALLA, strawberry banana	233.0	1.0 cup	0.093
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.093
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.093
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	60.0	1.0 serving 2.13 oz bar	0.093
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	0.093
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	0.093
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	15.0	0.5 oz	0.093
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	92.0	1.0 slice	0.093
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	80.0	1.0 slice	0.093
25062	Snack, Mixed Berry Bar	38.0	1.0 bar	0.093
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	0.093
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.093
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.093
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.093
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.093
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.093
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.093
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.093
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.093
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.093
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	0.093
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.093
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.092
11270	Mustard greens, raw	56.0	1.0 cup, chopped	0.092

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	88.0	1.0 slice	0.092
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.092
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	0.092
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.092
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.092
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.092
11048	Beans, pinto, immature seeds, frozen, unprepared	94.0	0.333 package (10 oz)	0.092
19202	Puddings, vanilla, dry mix, instant	99.0	1.0 package (3.5 oz)	0.092
11621	Drumstick pods, cooked, boiled, drained, without salt	118.0	1.0 cup slices	0.092
11787	Drumstick pods, cooked, boiled, drained, with salt	118.0	1.0 cup slices	0.092
06067	Soup, chunky vegetable, canned, ready-to-serve	230.0	1.0 cup	0.092
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.092
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	0.092
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.092
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.092
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.092
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.092
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.092
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.092
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.092
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.092
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.092
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	133.0	1.0 wrap	0.092
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	133.0	1.0 item	0.092
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	0.092
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.092
09044	Cherries, tart, dried, sweetened	40.0	0.25 cup	0.092
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.092
42139	Granola bar, soft, milk chocolate coated, peanut butter	28.35	1.0 oz	0.092
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.091
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.091
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.091

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
21336	McDONALD'S, Hot Fudge Sundae	179.0	1.0 item (6.3 oz)	0.091
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	228.0	1.0 cup	0.091
09295	Pummelo, raw	190.0	1.0 cup, sections	0.091
21228	McDONALD'S, Hamburger	95.0	1.0 sandwich	0.091
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.091
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	0.091
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.091
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.091
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz (1 serving)	0.091
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	0.091
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	0.091
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	0.091
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.091
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.091
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.091
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	0.091
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	0.091
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.091
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.091
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.091
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.091
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.091
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	0.091
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	227.0	1.0 cup	0.091
42272	Snacks, granola bar, with coconut, chocolate coated	28.35	1.0 oz	0.090
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	28.35	1.0 oz	0.090
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	0.090
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.090
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	153.0	5.0 fl oz	0.090
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	51.0	12.0 fries	0.090
28318	Bread, french or vienna, whole wheat	48.0	1.0 slice 1 serving	0.090
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.090
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	0.090
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.090

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	0.090
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	0.090
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.090
06498	Soup, tomato, dry, mix, prepared with water	265.0	1.0 cup 8 fl oz	0.090
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	0.090
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.090
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.090
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.090
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.090
42280	Frankfurter, meat and poultry, low fat	143.0	1.0 cup, sliced	0.090
08002	Cereals ready-to-eat, POST, ALPHA-BITS	30.0	1.0 cup (1 NLEA serving for adults)	0.090
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.090
28350	Cookies, chocolate cream covered biscuit sticks	40.0	1.0 serving	0.090
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.090
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.090
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.090
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	52.0	1.0 cup (1 NLEA serving)	0.090
19351	Syrups, corn, high-fructose	310.0	1.0 cup	0.090
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	84.0	1.0 serving	0.090
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.090
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.090
11297	Parsley, fresh	60.0	1.0 cup chopped	0.089
19415	Snacks, potato sticks	28.35	1.0 oz	0.089
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.089
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.089
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.089
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	0.089
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.089
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.089
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.089
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.089
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.089
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	0.089
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.089
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.089

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.089
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.089
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.089
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.089
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.089
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.089
09420	Jackfruit, canned, syrup pack	178.0	1.0 cup, drained	0.089
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.089
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.089
14639	Beverages, rice milk, unsweetened	240.0	8.0 fl oz (approximate weight, 1 serving)	0.089
11525	Taro, tahitian, raw	125.0	1.0 cup slices	0.089
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32.0	0.75 cup (1 NLEA serving)	0.089
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	233.0	1.0 cup	0.089
09088	Elderberries, raw	145.0	1.0 cup	0.088
06627	Sauce, pesto, ready-to-serve, shelf stable	61.0	0.25 cup	0.088
21232	McDONALD'S, FILET-O-FISH	134.0	1.0 sandwich	0.088
21106	Fast foods, fish sandwich, with tartar sauce and cheese	134.0	1.0 sandwich	0.088
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	268.0	1.0 cup	0.088
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.088
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	0.088
07209	OSCAR MAYER, Chicken Breast (honey glazed)	52.0	1.0 serving (4 slices)	0.088
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.088
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.088
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.088
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.088
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.088
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.088
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.088
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.088
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.088
09413	Pears, raw, red anjou	126.0	1.0 small	0.088
32032	Sausage, egg and cheese breakfast biscuit	126.0	1.0 biscuit	0.088
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	0.088
21138	Fast foods, potato, french fried in vegetable oil	71.0	1.0 serving small	0.088

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.088
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.088
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.088
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.088
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.088
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.088
21130	Fast foods, onion rings, breaded and fried	117.0	1.0 package (18 onion rings)	0.088
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.088
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.088
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.088
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.088
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	0.088
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	0.088
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.088
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.088
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.088
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.088
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.088
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.088
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	0.088
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.088
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.087
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.087
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	28.0	1.0 bar	0.087
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	0.087
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	130.0	0.5 cup	0.087
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	128.0	1.0 biscuit	0.087
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.087
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.087
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	0.087
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.087
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.087

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.087
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.087
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	87.0	1.0 serving	0.087
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.087
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	29.0	0.75 cup (1 NLEA serving)	0.087
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	29.0	0.75 cup (1 NLEA serving)	0.087
01239	Ice cream cookie sandwich	82.0	1.0 serving	0.087
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	79.0	1.0 slice	0.087
09421	Dates, medjool	24.0	1.0 date, pitted	0.087
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	0.087
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	0.087
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.087
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	14.0	2.0 tbsp (1 NLEA serving)	0.087
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.087
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.087
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.087
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.087
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.087
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.087
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.087
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.087
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.087
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.087
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.087
21361	McDONALD'S, Sausage Biscuit	117.0	1.0 item 4.1 oz	0.087
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.086
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.086
18172	Cookies, gingersnaps	28.35	1.0 oz	0.086
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	0.086
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.086
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.086
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.086

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.086
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.086
06152	Sauce, pizza, canned, ready-to-serve	63.0	0.25 cup	0.086
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	0.086
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.086
28317	Bread, wheat, sprouted, toasted	38.0	1.0 slice 1 serving	0.086
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.086
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.086
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.086
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.086
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.086
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.086
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.086
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.086
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.086
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.086
17213	Veal, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.086
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	78.0	1.0 slice	0.086
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	0.086
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.086
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.086
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.085
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	0.085
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	0.085
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	0.085
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.085
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	58.0	1.0 serving 2.05 oz bar	0.085
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.085
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.085
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	0.085
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	0.085
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.085

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	0.085
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	0.085
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	0.085
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz (1 serving)	0.085
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.085
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.085
11203	Cress, garden, raw	50.0	1.0 cup	0.085
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.085
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	0.085
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.085
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.085
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.085
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.085
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.085
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.085
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.085
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	0.085
21139	Fast foods, potato, mashed	242.0	1.0 cup	0.085
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	0.085
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	9.9	1.0 serving	0.085
09050	Blueberries, raw	148.0	1.0 cup	0.084
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.084
09001	Acerola, (west indian cherry), raw	98.0	1.0 cup	0.084
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.084
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	0.084
09379	Plums, canned, heavy syrup, drained	183.0	1.0 cup, with pits, yields	0.084
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.084
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	0.084
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	0.084
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.084
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.084
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.084
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.084
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.084
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.084
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.084

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.084
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	51.0	1.0 roll	0.084
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.084
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.084
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.084
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.084
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	0.084
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.084
10851	HORMEL, Cure 81 Ham	84.0	1.0 serving	0.084
06183	Soup, chicken broth, less/reduced sodium, ready to serve	240.0	1.0 cup	0.084
09190	Mulberries, raw	140.0	1.0 cup	0.084
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.084
19910	Candies, crispy bar with peanut butter filling	42.0	1.0 serving 1.5 oz	0.084
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.084
07078	Thuringer, cervelat, summer sausage, beef, pork	56.0	2.0 oz 1 serving	0.084
11620	Drumstick pods, raw	100.0	1.0 cup slices	0.084
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.084
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.084
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.084
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	42.0	1.0 serving 1.5 oz	0.084
27042	Soup, clam chowder, new england, canned, ready-to-serve	254.0	1.0 cup	0.084
09519	Guava nectar, with sucralose, canned	335.0	11.3 fl oz	0.084
25064	Snacks, potato chips, lightly salted	28.0	23.0 pieces	0.084
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	30.0	0.75 cup (1 NLEA serving)	0.084
09452	Orange Pineapple Juice Blend	246.0	8.0 fl oz	0.084
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.084
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	0.084
21610	School Lunch, chicken patty, whole grain breaded	86.0	1.0 patty	0.083
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	0.083
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.083
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.083
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.083
19143	Candies, MR. GOODBAR Chocolate Bar	49.0	1.0 bar (1.75 oz)	0.083
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.083

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	0.083
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	0.083
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.083
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.083
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	0.083
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.083
36044	ON THE BORDER, Mexican rice	114.0	1.0 cup	0.083
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.083
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	0.083
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.083
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.083
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	9.9	1.0 serving	0.083
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.083
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.083
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	0.083
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.083
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	251.0	1.0 cup	0.083
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	33.0	0.75 cup (1 NLEA serving)	0.083
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.083
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.083
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	0.083
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	94.0	0.333 package (10 oz) yields	0.083
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	94.0	0.333 package (10 oz) yields	0.083
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.083
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.082
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.082
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.082
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	0.082
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.082
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.082
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.082
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.082
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.082
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.082
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	0.082

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.082
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.082
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.082
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.082
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.082
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.082
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.082
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.082
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.082
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.082
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.082
42291	Peanut butter, reduced sodium	16.0	1.0 tbsp	0.082
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	142.0	1.0 breast without skin	0.082
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.082
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.082
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.082
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	0.082
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.082
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.082
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	79.0	1.0 slice	0.082
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.082
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.082
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.082
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.082
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.082
36030	DENNY'S, hash browns	124.0	1.0 serving	0.082
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	0.082
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.082
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.082
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	227.0	8.0 oz	0.082
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	53.0	1.0 cup, chopped	0.082
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	53.0	1.0 cup, chopped	0.082
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.082
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.082

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.082
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	0.082
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.082
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.082
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.082
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.082
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.082
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.082
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.082
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.082
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.082
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.082
09404	Grapefruit juice, pink, raw	247.0	1.0 cup	0.082
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	0.082
09128	Grapefruit juice, white, raw	247.0	1.0 cup	0.082
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247.0	1.0 cup	0.082
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.081
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.081
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	79.0	1.0 slice	0.081
18044	Bread, pumpernickel	28.35	1.0 oz	0.081
13318	Beef, variety meats and by-products, brain, raw	28.35	1.0 oz	0.081
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	0.081
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.081
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	19.0	1.0 cup (1 NLEA serving)	0.081
32028	Turnover, filled with egg, meat and cheese, frozen	127.0	1.0 piece turnover 1 serving	0.081
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	27.0	0.75 cup (1 NLEA serving)	0.081
43497	Jellyfish, dried, salted	58.0	1.0 cup	0.081
43031	Candies, chocolate covered, caramel with nuts	14.0	1.0 piece	0.081
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.081
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	0.081
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.081
21238	McDONALD'S, french fries	71.0	1.0 small serving	0.081
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	0.081
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	0.081
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.081
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.081

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.081
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.081
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.081
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.081
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.081
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.081
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.081
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.081
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.081
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.081
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.081
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.081
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	124.0	1.0 item	0.081
21463	Yogurt parfait, lowfat, with fruit and granola	149.0	1.0 item	0.080
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.080
11658	Spinach souffle	136.0	1.0 cup	0.080
14192	Beverages, Cocoa mix, powder	28.0	1.0 serving (3 heaping tsp or 1 envelope)	0.080
35234	Piki bread, made from blue cornmeal (Hopi)	28.0	1.0 piece	0.080
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	32.0	0.75 cup (1 NLEA serving)	0.080
83110	Fish, mackerel, salted	80.0	1.0 piece (5-1/2" x 1-1/2" x 1/2")	0.080
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.080
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.080
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.080
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.080
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.080
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.080
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.080
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.080
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.080
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	0.080
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.080

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	0.080
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.080
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	33.0	1.25 cup (1 NLEA serving)	0.080
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	0.080
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.080
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.080
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	0.080
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.080
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	0.080
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.080
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	0.080
19144	Candies, NESTLE, 100 GRAND Bar	43.0	1.0 bar (1.5 oz)	0.080
15005	Fish, bluefish, raw	150.0	1.0 fillet	0.080
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.079
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.079
19524	Snacks, taro chips	28.35	1.0 oz	0.079
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.079
21010	Fast foods, biscuit, with crispy chicken fillet	132.0	1.0 item	0.079
21522	McDONALD'S, Southern Style Chicken Biscuit	132.0	1.0 biscuit regular size biscuit	0.079
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.079
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.079
09127	Grapefruit juice, pink or red, with added calcium	240.0	8.0 fl oz	0.079
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.079
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	0.079
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.079
16158	Hummus, commercial	15.0	1.0 tbsp	0.079
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	85.0	3.0 oz, boneless	0.079
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.079
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.079
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.079
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.079
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	0.079
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	0.079
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.079
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.079

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.079
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	0.079
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	0.079
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.079
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.079
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.079
28316	Bread, wheat, sprouted	38.0	1.0 slice 1 serving	0.079
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.079
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.079
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.079
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.079
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	0.079
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	0.079
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	0.079
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.079
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.079
09150	Lemons, raw, without peel	212.0	1.0 cup, sections	0.078
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.078
19270	Ice creams, chocolate	58.0	1.0 individual (3.5 fl oz)	0.078
19899	Ice creams, regular, low carbohydrate, chocolate	58.0	1.0 individual (3.5 fl oz)	0.078
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.078
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.078
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.078
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.078
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.078
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.078
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.078
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.078
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.078
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.078
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.078
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	0.078
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	0.078
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.078

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.078
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.078
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	39.0	17.0 pieces	0.078
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	52.0	1.0 pastry	0.078
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	52.0	1.0 pastry	0.078
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	0.078
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.078
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	0.078
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.078
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	0.078
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	189.0	1.0 cup	0.077
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.077
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.077
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.077
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.077
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	0.077
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	0.077
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	0.077
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.077
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	0.077
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.077
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.077
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.077
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.077
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.077
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.077
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.077
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.077
11353	Potatoes, russet, flesh and skin, raw	75.0	0.5 cup, diced	0.077
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.077
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.077
28321	Rolls, hamburger, whole grain white, calcium-fortified	43.0	1.0 piece roll	0.077
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.077
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.077
28311	Cookies, sugar wafer, chocolate-covered	29.0	3.0 cookie	0.077
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	29.0	1.0 cup (1 NLEA serving)	0.077

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03062	Babyfood, dinner, vegetables and ham, junior	256.0	1.0 cup	0.077
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.077
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.077
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.077
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	69.0	1.0 roll	0.077
28354	ANDREA'S, Gluten Free Soft Dinner Roll	69.0	1.0 roll	0.077
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	247.0	1.0 cup	0.077
09123	Grapefruit juice, white, canned or bottled, unsweetened	247.0	1.0 cup	0.077
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.076
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	0.076
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.076
07059	Polish sausage, pork	85.0	3.0 oz	0.076
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.076
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.076
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	0.076
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.076
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.076
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	0.076
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.076
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.076
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.076
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.076
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.076
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.076
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	0.076
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.076
21524	MCDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.076
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	31.0	1.0 cup (1 NLEA serving)	0.076
18955	Bread, pan dulce, sweet yeast bread	63.0	1.0 slice (average weight of 1 slice)	0.076

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16399	Peanut butter with omega-3, creamy	16.0	1.0 tbsp	0.076
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.076
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	27.0	0.75 cup (1 NLEA serving)	0.076
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.076
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	76.0	1.0 slice	0.076
19142	Candies, MOUNDS Candy Bar	19.0	1.0 bar snack size	0.076
21380	McDONALD'S, Fruit 'n Yogurt Parfait	149.0	1.0 item 5.2 oz	0.076
14091	Beverages, almond milk, unsweetened, shelf stable	262.0	1.0 cup	0.076
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.076
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.076
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.076
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.076
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.076
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.076
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	0.076
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.076
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.076
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.076
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	0.076
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.076
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.076
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.076
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.076
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.076
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.076
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.076
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	0.076
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	0.076
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.076
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.076
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.076
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.076
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.076

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11520	Taro leaves, raw	28.0	1.0 cup	0.076
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.076
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	0.076
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.076
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.076
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.075
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.075
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.075
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30.0	0.75 cup (1 NLEA serving)	0.075
21140	Side dishes, potato salad	95.0	0.333 cup	0.075
11190	Cornsalad, raw	56.0	1.0 cup	0.075
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.075
28368	SCHAR, Gluten-Free, Classic White Rolls	78.0	1.0 roll	0.075
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	78.0	1.0 roll	0.075
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.075
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.075
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.075
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.075
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.075
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.075
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.075
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.075
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.075
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.075
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.075
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	0.075
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.075
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.075
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.075
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.075
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.075
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.075
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	0.075
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.075
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.075

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.075
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	0.075
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.075
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.075
17142	Veal, ground, raw	85.0	3.0 oz	0.075
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	0.075
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.075
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	0.075
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.075
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.075
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	0.075
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	152.0	5.0 fl oz	0.074
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.074
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.074
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.074
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.074
06159	Soup, tomato, canned, condensed	148.0	1.0 cup	0.074
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.074
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.074
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	0.074
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.074
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	0.074
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.074
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.074
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.074
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.074
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.074
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.074
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.074
09161	Lime juice, canned or bottled, unsweetened	246.0	1.0 cup	0.074
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.074
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.074
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.074
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.074
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.074

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
09077	Crabapples, raw	110.0	1.0 cup slices	0.074
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	24.0	1.0 bar	0.074
11975	Grape leaves, canned	4.0	1.0 leaf	0.074
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.074
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.074
11985	Fireweed, leaves, raw	23.0	1.0 cup, chopped	0.074
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.074
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.073
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.073
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.073
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	30.0	0.75 cup (1 NLEA serving)	0.073
09154	Lemon juice, frozen, unsweetened, single strength	244.0	1.0 cup	0.073
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	0.073
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.073
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.073
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.073
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	0.073
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.073
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.073
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.073
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.073
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	0.073
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	0.073
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.073
43566	Snacks, tortilla chips, light (baked with less oil)	63.0	1.0 cup, crushed	0.073
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.073
09316	Strawberries, raw	152.0	1.0 cup, halves	0.073
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	0.073
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	0.073
18075	Bread, whole-wheat, commercially prepared	32.0	1.0 slice	0.073
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.073
11086	Beet greens, raw	38.0	1.0 cup	0.073
17168	Goat, raw	28.35	1.0 oz	0.073
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.073
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.072

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	0.072
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.072
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.072
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.072
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.072
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.072
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.072
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.072
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	0.072
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.072
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	0.072
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.072
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.072
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.072
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.072
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.072
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	84.0	1.0 thigh without skin	0.072
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.072
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	27.0	0.75 cup (1 NLEA serving)	0.072
09081	Cranberry sauce, canned, sweetened	277.0	1.0 cup	0.072
19148	Candies, peanut brittle, prepared-from-recipe	28.35	1.0 oz	0.072
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.072
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.072
06101	Soup, cream of vegetable, dry, powder	18.0	1.0 packet	0.072
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.072
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	30.0	1.0 cup	0.072
19248	Candies, HERSHEY'S, ALMOND JOY BITES	40.0	18.0 pieces	0.072
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.072
06559	Soup, tomato, canned, prepared with equal volume water, commercial	248.0	1.0 serving 1 cup	0.072
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	57.0	1.0 piece	0.072
32025	Dumpling, potato- or cheese-filled, frozen	114.0	3.0 pieces pierogies	0.072
28328	Cookies, chocolate chip sandwich, with creme filling	34.0	1.0 cookie	0.072
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.072
17164	Game meat, deer, raw	28.35	1.0 oz	0.072
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.072
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.072

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
28303	Crackers, cheese, whole grain	31.0	1.0 serving 55 pieces	0.072
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	0.072
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	0.071
11231	Jute, potherb, raw	28.0	1.0 cup	0.071
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.071
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.071
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.071
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.071
43098	Pie fillings, cherry, low calorie	85.0	1.0 serving	0.071
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	0.071
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.071
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.071
16112	Miso	17.0	1.0 tbsp	0.071
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.071
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.071
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	0.071
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.071
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.071
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	0.071
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.071
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.071
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	60.0	0.25 cup	0.071
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	59.0	2.0 fl oz	0.071
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.071
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.071
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.071
27068	Dip, FRITO'S, bean, original flavor	36.0	2.0 tbsp	0.071
27065	Dip, bean, original flavor	36.0	2.0 tbsp	0.071
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.071
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.071
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.071
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	0.071

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23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.071
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.071
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.071
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.071
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.071
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.071
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.071
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	0.071
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.071
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.071
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.071
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.071
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breadding removed	86.0	1.0 thigh without skin	0.071
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	0.070
18227	Crackers, rye, wafers, seasoned	14.2	0.5 oz	0.070
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	27.0	1.0 cup (1 NLEA serving)	0.070
01244	Milk dessert bar, frozen, made from lowfat milk	68.0	1.0 bar	0.070
19114	Ice creams, chocolate, light	68.0	1.0 serving	0.070
19042	Snacks, potato chips, barbecue-flavor	28.35	1.0 oz	0.070
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.070
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	0.070
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.070
11590	Waterchestnuts, chinese, canned, solids and liquids	70.0	0.5 cup slices	0.070
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.070
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	250.0	1.0 cup	0.070
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	0.070
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.070
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.070
11698	Chrysanthemum leaves, raw	51.0	1.0 cup, chopped	0.070
22970	Macaroni and cheese, frozen entree	137.0	1.0 cup	0.070
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.070
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.070
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.070
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.070

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23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.070
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.070
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.070
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.070
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.070
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.070
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.070
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.070
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.070
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.070
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.070
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	0.070
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.070
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.070
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.070
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	240.0	1.0 cup	0.070
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	9.4	1.0 scoop	0.070
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	0.070
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.069
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.069
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.069
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	54.0	1.0 bar	0.069
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.069
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.069
28302	Cookies, graham crackers, plain or honey, lowfat	35.0	1.0 serving	0.069
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	0.069
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.069
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.069
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.069
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	0.069
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.069
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	0.069
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.069
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.069
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	0.069
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.069

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23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.069
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.069
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.069
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.069
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.069
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.069
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.069
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.069
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.069
11201	Cowpeas, leafy tips, raw	36.0	1.0 cup, chopped	0.069
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.069
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.069
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	0.069
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	0.069
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.069
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	0.069
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	0.068
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	0.068
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.068
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.068
21486	Fast foods, taco with beef, cheese and lettuce, soft	102.0	1.0 each taco	0.068
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.068
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	27.0	0.75 cup (1 NLEA serving)	0.068
21509	BURGER KING, Onion Rings	91.0	1.0 small	0.068
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	30.0	0.75 cup (1 NLEA serving)	0.068
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.068
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	126.0	0.5 cup	0.068
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.068
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.068
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.068
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.068
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.068
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.068
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.068
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.068
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.068

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23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.068
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.068
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.068
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.068
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.068
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	0.068
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.068
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.068
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.068
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	0.068
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.068
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	15.0	1.0 cup (1 NLEA serving)	0.068
18959	Pastry, Pastelitos de Guava (guava pastries)	86.0	1.0 piece	0.068
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	0.068
18969	Cream puff, eclair, custard or cream filled, iced	113.0	4.0 oz	0.068
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.068
35205	Stinging Nettles, blanched (Northern Plains Indians)	89.0	1.0 cup	0.068
11386	Potatoes, scalloped, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.068
28319	Bagels, whole grain white	43.0	0.5 piece bagel 1 serving	0.068
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.067
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	95.0	1.0 cup	0.067
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	95.0	1.0 cup	0.067
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.067
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	0.067
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.067
07212	OSCAR MAYER, Ham (chopped with natural juice)	28.0	1.0 serving (1 slice)	0.067
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.067
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.067
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.067
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.067
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.067
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.067

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05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.067
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.067
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.067
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.067
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	0.067
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	0.067
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.067
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.067
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.067
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.067
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	0.067
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.067
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.067
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.067
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	0.067
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.067
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.067
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.067
15274	Fish, trout, brook, raw, New York State	149.0	1.0 filet	0.067
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.067
20134	Rice noodles, cooked	176.0	1.0 cup	0.067
07905	Frankfurter, beef, pork, and turkey, fat free	57.0	1.0 frank 1 NLEA serving	0.067
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	247.0	1.0 cup	0.067
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
11763	Celeriac, cooked, boiled, drained, with salt	155.0	1.0 cup pieces	0.067
11142	Celeriac, cooked, boiled, drained, without salt	155.0	1.0 cup pieces	0.067
27051	Sauce, cocktail, ready-to-serve	60.0	0.25 cup	0.067
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.067
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.066
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	29.0	0.75 cup (1 NLEA serving)	0.066
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.066

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13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.066
07024	Frankfurter, chicken	85.0	3.0 oz	0.066
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.066
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	0.066
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.066
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	0.066
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.066
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.066
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.066
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	0.066
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.066
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.066
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.066
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.066
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.066
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.066
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.066
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	27.0	0.75 cup (1 NLEA serving)	0.066
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.066
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	40.0	1.41 oz dry (half noodle block)	0.066
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.066
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.066
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.066
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.066
19194	Puddings, rice, dry mix	106.0	1.0 package	0.066
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.066
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.066
05363	Ruffed Grouse, breast meat, skinless, raw	113.0	4.0 oz	0.066
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	0.066
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.066
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	28.0	0.75 cup (1 NLEA serving)	0.066
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.066
18226	Crackers, rye, wafers, plain	14.2	0.5 oz	0.065

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.065
07075	Sausage, smoked link sausage, pork and beef	85.0	3.0 oz	0.065
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	0.065
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	0.065
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.065
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.065
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	0.065
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	0.065
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	0.065
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.065
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.065
13317	Beef, ground, patties, frozen, cooked, broiled	85.0	3.0 oz	0.065
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.065
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.065
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	0.065
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.065
09160	Lime juice, raw	242.0	1.0 cup	0.065
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	0.065
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.065
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.065
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	0.065
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.065
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	0.065
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.065
21611	School Lunch, chicken nuggets, whole grain breaded	88.0	5.0 pieces	0.065
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.065
35197	Lambsquarters, steamed (Northern Plains Indians)	65.0	1.0 cup	0.065
06749	Soup, beef and vegetables, canned, ready-to-serve	250.0	1.0 cup	0.065
09427	Abiyuch, raw	114.0	0.5 cup	0.065
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.065
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	81.0	0.75 cup	0.065
09310	Rhubarb, frozen, cooked, with sugar	240.0	1.0 cup	0.065
09326	Watermelon, raw	154.0	1.0 cup, balls	0.065
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.065

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.065
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.065
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.065
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.065
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.065
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.065
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.065
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.065
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.065
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.065
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.065
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.065
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.065
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.065
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.065
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.065
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	0.065
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.065
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	0.065
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.065
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	0.065
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.065
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.065
11147	Chard, swiss, raw	36.0	1.0 cup	0.064
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.064
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.064
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.064
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.064
19002	Snacks, beef jerky, chopped and formed	28.35	1.0 oz	0.064
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.064
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.064
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.064

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
27048	Sauce, steak, tomato based	34.0	2.0 Tbsp	0.064
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	36.0	1.0 brownie 1 serving	0.064
06545	CAMPBELL'S Homestyle New England Clam Chowder	256.0	1.0 cup	0.064
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.064
20027	Cornstarch	128.0	1.0 cup	0.064
09163	Blueberries, dried, sweetened	40.0	0.25 cup	0.064
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	32.0	0.75 cup (1 NLEA serving)	0.064
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	34.0	1.0 serving	0.064
14250	Beverages, AMBER, hard cider	355.0	12.0 fl oz	0.064
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	31.0	0.75 cup (1 NLEA serving)	0.064
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.064
18236	Cracker meal	28.35	1.0 oz	0.064
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.064
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.064
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	0.064
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	0.064
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.064
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	0.064
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.064
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	0.064
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.064
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.064
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.064
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.064
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.064
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	0.064
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.064
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	0.064
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.064
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.064
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.064
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.064
20058	Rice, white, steamed, Chinese restaurant	132.0	1.0 cup, loosely packed	0.063
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	30.0	0.75 cup (1 NLEA serving)	0.063

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	0.063
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	28.35	1.0 oz	0.063
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	0.063
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.063
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.063
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	137.0	0.167 package (5.5 oz) yields	0.063
07241	OSCAR MAYER, Wieners (beef franks)	45.0	1.0 serving	0.063
01241	Ice cream sandwich, made with light ice cream, vanilla	70.0	1.0 serving	0.063
01242	Ice cream sandwich, vanilla, light, no sugar added	70.0	1.0 serving	0.063
18025	Bread, cracked-wheat	28.35	1.0 oz	0.063
17162	Game meat, caribou, raw	28.35	1.0 oz	0.063
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.063
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.063
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	0.063
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.063
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.063
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	0.063
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.063
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.063
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.063
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.063
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.063
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.063
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.063
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.063
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.063
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.063
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.063
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.063
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	0.063
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	0.063

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13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.063
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.063
21505	Pizza, cheese topping, thin crust, frozen, cooked	69.0	1.0 slice	0.063
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	0.063
18066	Bread, wheat bran	28.35	1.0 oz	0.063
11928	Tree fern, cooked, with salt	31.0	1.0 frond (6-1/2" long)	0.063
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.063
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.063
16107	Sausage, meatless	25.0	1.0 link	0.062
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.062
11384	Potatoes, au gratin, dry mix, unprepared	26.0	0.167 package (5.5 oz)	0.062
11282	Onions, raw	160.0	1.0 cup, chopped	0.062
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.062
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.062
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.062
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.062
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.062
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.062
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.062
09076	Cherries, sweet, frozen, sweetened	259.0	1.0 cup, thawed	0.062
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.062
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	0.062
19104	Candies, fudge, vanilla with nuts	28.35	1.0 oz	0.062
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.062
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.062
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.062
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.062
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	0.062
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.062
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.062
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.062
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.062
23507	USDA Commodity, beef, patties (100%), frozen, raw	85.0	3.0 oz	0.062
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.062

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13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.062
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.062
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.062
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.062
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.062
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.062
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	0.062
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.062
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.062
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.062
36039	Restaurant, family style, hash browns	94.0	1.0 cup	0.062
01040	Cheese, swiss	132.0	1.0 cup, diced	0.062
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	31.0	0.75 cup (1 NLEA serving)	0.062
06377	CAMPBELL'S, Tomato Soup, condensed	124.0	0.5 cup condensed	0.062
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.062
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.062
09221	Tangerine juice, raw	247.0	1.0 cup	0.062
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.062
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.062
11098	Brussels sprouts, raw	88.0	1.0 cup	0.062
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	0.062
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.062
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	0.062
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.062
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	246.0	1.0 cup	0.062
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.061
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	245.0	1.0 cup	0.061
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.061
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.061
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.061
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.061
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.061
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.061
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	0.061
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.061
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.061

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	0.061
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.061
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.061
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.061
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.061
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.061
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.061
17219	Veal, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.061
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.061
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.061
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.061
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	0.061
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.061
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.061
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.061
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.061
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.061
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.061
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.061
15014	Fish, cisco, smoked	28.35	1.0 oz	0.061
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.061
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.061
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.061
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	243.0	1.0 cup	0.061
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	30.0	1.0 cup	0.061
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.061
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.061
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	72.0	1.0 patty	0.060
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.060
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.060
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	0.060
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	0.060
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.060
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.060
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.060
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.060
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.060
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	0.060
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.060
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.060
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	0.060
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.060
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.060
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	0.060
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.060
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.060
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.060
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.060
08610	Cereals ready-to-eat, KASHI Honey Sunshine	30.0	0.75 cup (1 NLEA serving)	0.060
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	0.060
19018	Fruit syrup	334.0	1.0 cup	0.060
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.060
18266	English muffins, whole-wheat	28.35	1.0 oz	0.060
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.060
08305	Cereals ready-to-eat, Post, Waffle Crisp	30.0	1.0 cup (1 NLEA serving)	0.060
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.060
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	30.0	1.0 serving	0.060
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.060
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	30.0	0.75 cup (1 NLEA serving)	0.060
09005	Apples, raw, without skin, cooked, boiled	171.0	1.0 cup slices	0.060
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	0.060
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.060
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.060
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.060
09174	Loquats, raw	149.0	1.0 cup, cubed	0.060

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	23.0	3.0 cookies	0.060
28333	Cookies, gluten-free, chocolate wafer	23.0	3.0 cookies	0.060
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.060
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.060
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	0.060
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.060
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	0.060
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.060
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	0.060
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	0.060
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.060
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.060
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	0.060
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	0.060
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.059
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29.0	1.0 cup (1 NLEA serving)	0.059
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.059
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.059
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.059
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.059
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.059
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	28.0	0.75 cup (1 NLEA serving)	0.059
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.059
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.059
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.059
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	78.0	1.0 bar	0.059
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	0.059
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	0.059
18039	Bread, oatmeal	28.35	1.0 oz	0.059
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.059
14252	Beverages, Malt liquor beverage	1184.0	1.0 bottle	0.059
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	269.0	1.0 cup	0.059

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06114	Gravy, au jus, canned	59.0	0.25 cup	0.059
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	0.059
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.059
21487	Fast foods, taco with chicken, lettuce and cheese, soft	98.0	1.0 each taco	0.059
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.059
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	0.059
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.059
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.059
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	0.059
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	0.059
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.059
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.059
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.059
05154	Pheasant, raw, meat only	85.0	3.0 oz	0.059
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.059
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	0.059
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.059
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.059
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.059
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.059
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.059
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.059
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.059
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.059
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	0.059
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.059
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.059
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.059
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.058
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.058
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.058
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.058
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	142.0	1.0 item	0.058
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.058
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	0.058
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.058

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.058
19400	Snacks, banana chips	28.35	1.0 oz	0.058
11974	Grape leaves, raw	14.0	1.0 cup	0.058
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.058
11429	Radishes, raw	116.0	1.0 cup slices	0.058
18061	Bread, rye, toasted	28.35	1.0 oz	0.058
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.058
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.058
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	0.058
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.058
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.058
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.058
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.058
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.058
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.058
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.058
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	0.058
13000	Beef, grass-fed, strip steaks, lean only, raw	85.0	3.0 oz	0.058
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.058
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	0.058
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	0.058
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.058
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.058
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	0.058
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.058
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.058
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.058
28301	Cookies, peanut butter, commercially prepared, sugar free	29.0	1.0 serving 3 cookies	0.058
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.058
07002	Beerwurst, beer salami, pork and beef	56.0	2.0 oz	0.058
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.058
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.058
19162	Candies, WHATCHAMACALLIT Candy Bar	48.0	1.0 bar 1.7 oz	0.058
11124	Carrots, raw	128.0	1.0 cup chopped	0.058
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.058
07912	Roast beef spread	57.0	1.0 serving .25 cup	0.058

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.058
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	27.0	0.75 cup (1 NLEA serving)	0.058
06494	Soup, onion, dry, mix, prepared with water	230.0	1.0 serving 1 cup	0.058
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	23.0	1.0 scoop powder	0.058
11957	Fennel, bulb, raw	87.0	1.0 cup, sliced	0.057
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.057
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.057
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.057
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	0.057
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.057
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.057
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.057
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.057
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	0.057
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.057
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.057
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.057
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.057
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.057
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.057
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	0.057
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.057
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.057
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.057
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	0.057
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.057
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.057
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.057
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.057
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.057
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.057

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.057
15013	Fish, cisco, raw	79.0	1.0 fillet	0.057
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.057
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.057
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.057
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.057
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.057
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.057
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.057
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.057
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	15.0	1.0 serving	0.057
14224	Beverages, coffee, instant, mocha, sweetened	13.0	1.0 serving 2 tbsp	0.057
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.057
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	0.056
35206	Plums, wild (Northern Plains Indians)	161.0	1.0 cup	0.056
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.056
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.056
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.056
07939	Frankfurter, pork	76.0	1.0 link	0.056
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	0.056
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.056
18047	Bread, raisin, enriched	28.35	1.0 oz	0.056
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.056
18065	Bread, wheat, toasted	28.35	1.0 oz	0.056
25027	Snacks, plantain chips, salted	28.35	1.0 oz	0.056
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	0.056
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	0.056
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.056
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.056
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.056
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.056
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.056
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.056
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	0.056
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.056

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.056
10857	HORMEL Canadian Style Bacon	56.0	1.0 serving	0.056
43078	Beverage, milkshake mix, dry, not chocolate	7.0	1.0 tbsp	0.056
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	56.0	2.0 oz (1 serving)	0.056
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.056
19100	Candies, fudge, chocolate, prepared-from-recipe	17.0	1.0 piece	0.056
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.056
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	0.056
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	0.056
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.056
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	30.0	0.5 cup (1 NLEA serving)	0.056
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31.0	1.0 cup (1 NLEA serving)	0.055
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	9.4	1.0 scoop	0.055
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.055
01011	Cheese, colby	132.0	1.0 cup, diced	0.055
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	26.0	0.75 cup (1 NLEA serving)	0.055
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.055
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.055
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	0.055
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	0.055
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.055
21024	Fast foods, french toast sticks	65.0	3.0 pieces	0.055
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.055
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.055
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.055
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.055
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.055
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.055
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.055
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.055
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.055
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.055
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.055

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
20118	Noodles, flat, crunchy, Chinese restaurant	45.0	1.0 cup	0.055
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.055
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	0.055
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	0.055
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.055
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	0.055
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.054
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	33.0	1.25 cup (1 NLEA serving)	0.054
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	0.054
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.054
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.054
15094	Fish, shad, american, raw	85.0	3.0 oz	0.054
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	0.054
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.054
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.054
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	0.054
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.054
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	0.054
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.054
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.054
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	0.054
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	0.054
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.054
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.054
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.054
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	0.054
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.054
18033	Bread, italian	28.35	1.0 oz	0.054
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.054
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.054
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	27.0	0.75 cup (1 NLEA serving)	0.054

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.054
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.054
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.054
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.054
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.054
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	224.0	1.0 cup	0.054
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.054
11969	Broccoli, chinese, cooked	88.0	1.0 cup	0.054
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.054
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.054
13047	Beef, grass-fed, ground, raw	85.0	1.0 serving	0.054
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.054
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.054
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	0.054
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.054
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	0.054
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	0.054
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.054
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.054
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.054
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	0.054
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.054
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.054
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	0.054
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	0.054
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.054
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.054
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.054
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	0.054
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	0.054
19361	Syrups, table blends, cane and 15% maple	315.0	1.0 cup	0.054
15083	Fish, salmon, pink, raw	85.0	3.0 oz	0.054
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.054

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	107.0	1.0 serving 100 ml	0.054
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	107.0	1.0 Serving 100 ml	0.054
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	0.053
07070	Salami, cooked, turkey	28.0	1.0 serving	0.053
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	69.0	1.0 each taco	0.053
21260	TACO BELL, Original Taco with beef, cheese and lettuce	69.0	1.0 each taco	0.053
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	0.053
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	0.053
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	113.0	1.0 oz crumbles	0.053
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.053
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.053
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.053
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	106.0	1.0 serving 100 ml	0.053
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	106.0	1.0 Serving 100 ml	0.053
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.053
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.053
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.053
18060	Bread, rye	28.35	1.0 oz	0.053
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.053
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.053
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.053
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.053
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	0.053
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.053
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.053
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.053
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.053
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.053
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.053
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	85.0	3.0 oz	0.053
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	0.053
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.053
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.053
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	0.053
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	0.053

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	85.0	1.0 serving	0.053
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27.0	0.75 cup (1 NLEA serving)	0.053
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.053
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.053
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.052
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.052
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.052
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	27.0	0.75 cup (1 NLEA serving)	0.052
28374	VAN'S, Gluten Free, Totally Original Pancakes	48.0	1.0 pancake	0.052
28347	Pancakes, gluten-free, frozen, ready-to-heat	48.0	1.0 pancake	0.052
32031	Salisbury steak with gravy, frozen	63.0	1.0 patty	0.052
09442	Pomegranate juice, bottled	249.0	1.0 cup	0.052
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249.0	1.0 cup	0.052
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	249.0	1.0 cup	0.052
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.052
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.052
18059	Bread, rice bran	28.35	1.0 oz	0.052
11276	New Zealand spinach, raw	56.0	1.0 cup, chopped	0.052
28300	Cookies, oatmeal sandwich, with creme filling	38.0	1.0 cookie 1 serving	0.052
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.052
07008	Bologna, beef and pork	100.0	3.527 oz	0.052
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.052
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.052
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	52.0	1.0 pastry	0.052
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.052
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.052
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	0.052
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	0.052
19071	Candies, carob, unsweetened	28.35	1.0 oz	0.052
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.052
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.052
18973	Focaccia, Italian flatbread, plain	57.0	1.0 piece	0.052
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.052
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.052
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	0.052

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.052
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.052
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	0.052
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.052
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.052
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.052
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.052
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	0.052
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.052
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.052
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.052
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.052
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	103.0	1.0 serving 100 ml	0.052
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.051
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.051
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.051
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.051
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.051
07230	OSCAR MAYER, Salami (hard)	27.0	1.0 serving 3 slices	0.051
22971	Potato salad with egg	125.0	0.5 cup	0.051
11988	Fungi, Cloud ears, dried	28.0	1.0 cup	0.051
20003	Arrowroot flour	128.0	1.0 cup	0.051
03085	Babyfood, dinner, vegetables and turkey, junior	256.0	1.0 cup	0.051
21268	TACO BELL, Nachos	80.0	1.0 serving	0.051
03274	Babyfood, dinner, vegetables and chicken, junior	256.0	1.0 cup	0.051
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.051
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.051
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	8.5	1.0 scoop	0.051
17144	Game meat, antelope, raw	28.35	1.0 oz	0.051
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.051
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.051
19087	Candies, white chocolate	85.0	1.0 bar (3 oz)	0.051
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.051
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.051
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.051

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.051
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.051
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.051
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.051
01070	Dessert topping, powdered	43.0	1.5 oz	0.051
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.051
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.051
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	103.0	1.0 serving 100 ml	0.050
18028	Bread, egg, toasted	28.35	1.0 oz	0.050
03229	Babyfood, dessert, peach melba, strained	28.35	1.0 oz	0.050
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.050
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	41.0	0.33 cup 1 serving	0.050
06626	Sauce, pesto, ready-to-serve, refrigerated	63.0	0.25 cup	0.050
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.050
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.050
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.050
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	63.0	0.25 cup	0.050
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.050
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.050
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.050
03230	Babyfood, dessert, peach melba, junior	28.35	1.0 oz	0.050
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.050
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	0.050
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.050
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	0.050
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	0.050
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.050
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.050
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.050
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.050
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.050
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.050

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	64.0	1.0 patty	0.050
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.050
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	0.050
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.050
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	0.050
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.050
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.050
06149	Soup, chicken mushroom, canned, condensed	124.0	0.5 cup	0.050
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	0.050
20030	Hominy, canned, white	165.0	1.0 cup	0.050
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.050
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.050
07068	Salami, cooked, beef	26.0	1.0 slice	0.049
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.049
19437	Snacks, potato chips, fat free, salted	28.35	1.0 oz	0.049
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.049
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	0.049
11436	Rutabagas, cooked, boiled, drained, without salt	170.0	1.0 cup, cubes	0.049
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.049
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.049
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.049
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.049
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	0.049
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	0.049
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	0.049
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.049
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	145.0	5.0 pieces 1 serving	0.049
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.049
21319	McDONALD'S, Hash Brown	53.0	1.0 serving 1 patty	0.049
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	30.0	0.75 cup (1 NLEA serving)	0.049
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.049
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.049
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.049
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.049
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	62.0	0.25 cup	0.049

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.049
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	96.0	6.0 pieces	0.049
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.049
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.049
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.049
11986	Malabar spinach, cooked	44.0	1.0 cup	0.049
43543	Milk, imitation, non-soy	244.0	1.0 cup	0.049
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.049
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	0.049
11427	Purslane, raw	43.0	1.0 cup	0.049
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.049
18055	Bread, reduced-calorie, wheat	28.35	1.0 oz	0.048
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.048
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.048
19013	Snacks, fruit leather, pieces	28.35	1.0 oz	0.048
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.048
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	0.048
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	0.048
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.048
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.048
15008	Fish, carp, raw	85.0	3.0 oz	0.048
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.048
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.048
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	28.35	1.0 oz	0.048
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.048
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.048
20330	Hominy, canned, yellow	160.0	1.0 cup	0.048
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.048
18350	Rolls, hamburger or hotdog, plain	44.0	1.0 roll 1 serving	0.048
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.048
10119	Pork, fresh, variety meats and by-products, stomach, raw	28.35	1.0 oz	0.048
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.048
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	7.4	3.0 crackers	0.048
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.048
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.048

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.048
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.048
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.048
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.048
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	0.048
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.048
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.048
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	0.048
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.048
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.048
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.048
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.048
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.048
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.048
19227	Frostings, coconut-nut, ready-to-eat	38.0	0.083 package	0.048
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.047
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.047
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.047
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1.0 oz	0.047
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.047
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.047
21141	BURGER KING, Vanilla Shake	24.8	1.0 fl oz	0.047
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.047
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.047
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	28.35	1.0 oz	0.047
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.047
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYN0-BITES	29.0	0.75 cup (1 NLEA serving)	0.047
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.047
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	36.0	1.0 package	0.047
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.047
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	28.35	1.0 oz	0.047
20113	Noodles, chinese, chow mein	28.0	0.5 cup dry	0.047
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.047
15079	Fish, salmon, chum, raw	85.0	3.0 oz	0.047

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.047
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	0.047
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.047
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.047
09451	Horned melon (Kiwano)	233.0	1.0 cup	0.047
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	0.047
18960	Crackers, snack, GOYA CRACKERS	30.0	1.0 serving (1 NLEA serving - about 4 crackers)	0.047
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.047
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	28.0	0.75 cup (1 NLEA serving)	0.046
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.046
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.046
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.046
03048	Babyfood, macaroni and cheese, toddler	113.0	1.0 container	0.046
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.046
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.046
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.046
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.046
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.046
43379	Cheese, pasteurized process, swiss, low fat	140.0	1.0 cup, diced	0.046
11154	Chicory roots, raw	60.0	1.0 root	0.046
43275	Cheese, pasteurized process, American, low fat	140.0	1.0 cup, diced	0.046
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.046
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.046
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.046
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.046
21525	PIZZA HUT, breadstick, parmesan garlic	43.0	1.0 breadstick	0.046
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	43.0	1.0 breadstick	0.046
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.046
18027	Bread, egg	28.35	1.0 oz	0.046
09449	Nance, frozen, unsweetened	112.0	1.0 cup without pits, thawed	0.046
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.046
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	0.046
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	0.046
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.046
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.046
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	0.046

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.046
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.046
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.046
11108	Butterbur, canned	124.0	1.0 cup, chopped	0.046
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	31.0	1.0 fl oz	0.046
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.046
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	58.0	1.0 wing, with skin	0.046
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.046
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.046
11676	Radish seeds, sprouted, raw	38.0	1.0 cup	0.046
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.046
28375	VAN'S, Gluten Free, Totally Original Waffles	47.0	1.0 waffle	0.046
02033	Spices, poppy seed	2.8	1.0 tsp	0.046
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.046
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.046
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	253.0	1.0 cup	0.046
11003	Amaranth leaves, raw	28.0	1.0 cup	0.045
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.045
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.045
11009	Artichokes, (globe or french), frozen, unprepared	84.0	0.33 package	0.045
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.045
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.045
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	113.0	1.0 serving	0.045
03096	Babyfood, vegetable, green beans and potatoes	113.0	1.0 jar, Gerber (4 oz)	0.045
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.045
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.045
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.045
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.045
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.045
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	0.045
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.045
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	0.045
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.045
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.045

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	0.045
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.045
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	0.045
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.045
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.045
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.045
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	33.0	2.0 tablespoon	0.045
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.045
42270	Beverages, Orange juice drink	249.0	1.0 cup	0.045
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.045
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.045
11435	Rutabagas, raw	140.0	1.0 cup, cubes	0.045
07926	Salami, Italian, pork	28.0	1.0 oz	0.045
11963	Nopales, raw	86.0	1.0 cup, sliced	0.045
06419	Soup, chicken noodle, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.045
11090	Broccoli, raw	91.0	1.0 cup chopped	0.045
21142	Fast food, biscuit	55.0	1.0 biscuit	0.045
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.045
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.045
20133	Rice noodles, dry	57.0	2.0 oz	0.044
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	31.0	1.0 cup (1 NLEA serving)	0.044
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	9.6	1.0 scoop	0.044
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.044
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.044
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.044
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.044
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.044
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.044
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.044
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	0.044
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.044
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	55.0	0.75 cup (1 NLEA serving)	0.044
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.044

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	9.5	1.0 scoop	0.044
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.044
19138	Candies, truffles, prepared-from-recipe	12.0	1.0 piece	0.044
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.044
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.044
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	51.0	1.0 biscuit	0.044
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.044
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.044
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.044
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.044
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.044
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.044
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.044
19387	Frozen novelties, ice type, pineapple-coconut	99.0	0.5 cup (4 fl oz)	0.044
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.044
43144	Cabbage, mustard, salted	128.0	1.0 cup	0.044
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.044
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	20.0	1.0 piece	0.043
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.043
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.043
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.043
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.043
15090	Fish, scup, raw	85.0	3.0 oz	0.043
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	0.043
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	0.043
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.043
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.043
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.043
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.043
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.043
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.043
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.043
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.043
14064	Beverages, Orange juice, light, No pulp	240.0	8.0 fl oz	0.043
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.043
21324	McDONALD'S, Baked Apple Pie	77.0	2.7 oz	0.043

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	28.0	1.0 bowl (3/4 cup) (1 NLEA serving)	0.043
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.043
18029	Bread, french or vienna (includes sourdough)	28.35	1.0 oz	0.043
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	0.043
18064	Bread, wheat	29.0	1.0 slice	0.043
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.043
19094	Desserts, flan, caramel custard, prepared-from-recipe	153.0	0.5 cup	0.043
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.043
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.043
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.043
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.043
11005	Arrowhead, raw	25.0	1.0 large	0.043
09435	Guava nectar, canned, with added ascorbic acid	251.0	1.0 cup	0.043
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.043
21419	KFC, biscuit	49.0	1.0 biscuit	0.043
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.043
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	33.0	1.0 cup (1 NLEA serving)	0.043
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	33.0	1.0 cup (1 NLEA serving)	0.043
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.043
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	0.042
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.042
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.042
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.042
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.042
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	30.0	0.75 cup (1 NLEA serving)	0.042
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.042
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.042
42155	Cheese, monterey, low fat	132.0	1.0 cup, diced	0.042
01025	Cheese, monterey	132.0	1.0 cup, diced	0.042
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.042
06955	Soup, cream of chicken, canned, condensed, reduced sodium	124.0	0.5 cup	0.042
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.042
07923	Bratwurst, chicken, cooked	84.0	1.0 serving 2.96 oz	0.042
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.042
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.042
14311	Beverages, Malted drink mix, natural, powder, dairy based.	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.042

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43398	Cheese, pasteurized process, cheddar or American, low sodium	140.0	1.0 cup, diced	0.042
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.042
14317	Beverages, malted drink mix, chocolate, powder	21.0	1.0 serving (3 heaping tsp or 1 envelope)	0.042
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.042
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.042
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.042
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.042
03003	Babyfood, meat, beef, junior	28.35	1.0 oz	0.042
18264	English muffins, wheat	28.35	1.0 oz	0.042
02022	Spices, mace, ground	1.7	1.0 tsp	0.042
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.042
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.042
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.042
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.042
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.042
18967	Bread, white wheat	28.0	1.0 slice	0.042
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.042
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.042
18170	Cookies, fig bars	28.35	1.0 oz	0.042
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.042
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.042
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.042
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	0.042
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.042
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	0.042
07039	Lebanon bologna, beef	57.0	1.0 serving 2 slices	0.042
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	52.0	1.0 pastry	0.042
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	32.0	0.75 cup (1 NLEA serving)	0.042
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	32.0	1.5 cup (1 NLEA serving)	0.042
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.042
21246	WENDY'S, Chicken Nuggets	68.0	5.0 pieces	0.041
11979	Peppers, jalapeno, raw	90.0	1.0 cup, sliced	0.041

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43384	Beef, bologna, reduced sodium	138.0	1.0 cup pieces	0.041
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.041
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.041
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	295.0	1.0 bottle	0.041
18972	Bread, cheese	48.0	1.0 slice	0.041
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	8.7	1.0 scoop	0.041
03217	Zwieback	28.35	1.0 oz	0.041
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.041
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.041
03215	Babyfood, pretzels	28.35	1.0 oz	0.041
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.041
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.041
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.041
23503	USDA Commodity, beef, patties (100%), frozen, cooked	64.0	1.0 patty	0.041
11025	Balsam-pear (bitter melon), pods, cooked, boiled, drained, without salt	124.0	1.0 cup (1/2" pieces)	0.041
11711	Balsam-pear (bitter melon), pods, cooked, boiled, drained, with salt	124.0	1.0 cup (1/2" pieces)	0.041
01030	Cheese, muenster	132.0	1.0 cup, diced	0.041
17170	Game meat, horse, raw	28.35	1.0 oz	0.041
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.041
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.041
06123	Gravy, onion, dry, mix	24.0	1.0 cup (8 fl oz)	0.041
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.041
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.041
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	240.0	8.0 fl oz	0.041
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	0.041
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.041
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.041
19150	Candies, REESE'S Peanut Butter Cups	17.0	1.0 package 0.6 oz 1 cup	0.041
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.041
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.041
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.041
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.041
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.041
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.041

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08546	Rice and Wheat cereal bar	22.0	1.0 bar	0.041
19312	Pie fillings, apple, canned	74.0	0.125 can	0.041
03055	Babyfood, dinner, beef with vegetables	113.0	1.0 jar Beech-Nut Stage 2 (4 oz)	0.041
14284	Beverages, Cranberry juice cocktail	271.0	1.0 cup	0.041
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	29.0	0.75 cup (1 NLEA serving)	0.041
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.041
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.041
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.041
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.040
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.040
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.040
01228	Cheese, fresh, queso fresco	122.0	1.0 cup, crumbled	0.040
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.040
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.040
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.040
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.040
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	8.5	1.0 scoop	0.040
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	8.7	1.0 scoop	0.040
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.040
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.040
28346	Waffles, gluten-free, frozen, ready-to-heat	45.0	1.0 waffle	0.040
25059	Snacks, brown rice chips	9.0	1.0 cake	0.040
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.040
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.040
07005	Blood sausage	100.0	4.0 slices	0.040
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	50.0	1.0 pastry	0.040
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.040
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.040
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	28.35	1.0 oz	0.040
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.040
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	27.0	0.75 cup (1 NLEA serving)	0.040
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	27.0	0.75 cup (1 NLEA serving)	0.040
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.040
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.040
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.040
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	0.040

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.040
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.040
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.040
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	0.040
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.040
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	30.0	0.75 cup (1 NLEA serving)	0.040
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.040
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.040
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	28.35	1.0 oz	0.040
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	28.35	1.0 oz	0.040
19436	Popcorn, sugar syrup/caramel, fat-free	28.35	1.0 oz	0.040
06443	Soup, cream of mushroom, canned, prepared with equal volume water	248.0	1.0 serving 1 cup	0.040
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	8.8	1.0 scoop	0.040
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.040
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	33.0	1.25 cup (1 NLEA serving)	0.040
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.040
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.040
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.040
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.040
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.040
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.040
19168	Desserts, egg custard, baked, prepared-from-recipe	141.0	0.5 cup	0.039
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.039
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.039
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.039
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.039
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.039
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.039
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.039
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	26.0	0.75 cup (1 NLEA serving)	0.039
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.039
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.039
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.039
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.039

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.039
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.039
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	85.0	3.0 oz	0.039
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	0.039
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	0.039
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.039
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	0.039
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.039
09152	Lemon juice, raw	244.0	1.0 cup	0.039
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.039
11457	Spinach, raw	30.0	1.0 cup	0.039
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	0.039
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.039
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.039
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.039
19401	Snacks, cornnuts, barbecue-flavor	28.35	1.0 oz	0.039
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.039
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	9.4	1.0 scoop	0.039
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	9.4	1.0 scoop	0.039
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.038
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.038
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.038
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.038
42304	Cheese, mozzarella, nonfat	113.0	1.0 cup, shredded	0.038
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.038
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.038
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.038
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	240.0	8.0 fl oz	0.038
14095	Beverages, MINUTE MAID, Lemonada, Limeade	240.0	8.0 fl oz	0.038
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	240.0	8.0 fl oz	0.038
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.038
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.038
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.038
18037	Bread, oat bran	28.35	1.0 oz	0.038
18349	Rolls, french	28.35	1.0 oz	0.038
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.038

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.038
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	0.038
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.038
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.038
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	0.038
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.038
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.038
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.038
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.038
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.038
01237	Ice cream, bar or stick, chocolate covered	50.0	1.0 bar	0.038
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.038
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.038
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.038
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.038
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.038
18459	Breakfast tart, low fat	52.0	1.0 tart	0.038
11522	Taro shoots, raw	43.0	0.5 cup slices	0.038
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.038
21059	Fast foods, shrimp, breaded and fried	39.0	3.0 pieces shrimp	0.038
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	0.038
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.038
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	27.0	0.75 cup (1 NLEA serving)	0.038
19419	Snacks, corn cakes	9.0	1.0 cake	0.038
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.038
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.038
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.038
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.038
43212	Bacon bits, meatless	7.0	1.0 tbsp	0.038
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.038
18344	Rolls, dinner, egg	28.35	1.0 oz	0.038
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	9.4	1.0 scoop	0.038
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	9.4	1.0 scoop	0.038
09436	Mango nectar, canned	251.0	1.0 cup	0.038
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.038
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.038

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.038
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	9.4	1.0 scoop	0.038
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.038
43143	Cabbage, japanese style, fresh, pickled	150.0	1.0 cup	0.038
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	32.0	1.0 cup (1 NLEA serving)	0.037
43326	Pork, cured, ham, low sodium, lean and fat, cooked	28.35	1.0 oz, boneless	0.037
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.037
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.037
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	0.037
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	0.037
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.037
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.037
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	0.037
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.037
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.037
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	0.037
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.037
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.037
06194	Soup, chicken broth, ready-to-serve	249.0	1.0 cup	0.037
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	0.037
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.037
18966	Crackers, saltines, whole wheat (includes multi-grain)	14.0	1.0 serving	0.037
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.037
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	31.0	0.75 cup (1 NLEA serving)	0.037
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	248.0	8.0 fl oz	0.037
14257	Beverages, OCEAN SPRAY, Light Cranberry	248.0	8.0 fl oz	0.037
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	28.35	1.0 oz grilled patties	0.037
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.037
42179	Frankfurter, beef, low fat	57.0	1.0 frankfurter	0.037
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	9.4	1.0 scoop	0.037
43340	Cheese, parmesan, low sodium	100.0	1.0 cup, grated	0.037
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.037
28352	Cookies, vanilla sandwich with creme filling, reduced fat	48.0	1.0 serving cookie	0.037
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.037

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.037
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.037
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.037
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.037
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.037
08116	Cereals, MALT-O-MEAL, original, plain, dry	35.0	3.0 tbsp (1 NLEA serving)	0.037
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	7.8	1.0 tbsp	0.037
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.037
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.037
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.037
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.037
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.037
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.037
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	0.037
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	0.037
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	0.037
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	0.037
15267	Fish, pollock, Alaska, cooked (not previously frozen)	85.0	3.0 oz	0.037
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.037
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.037
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	0.037
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	9.6	1.0 scoop	0.036
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	0.036
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.036
06584	Soup, broccoli cheese, canned, condensed, commercial	121.0	1.0 serving 1/2 cup	0.036
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.036
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.036
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.036
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	0.036
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.036
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	32.0	10.0 crackers (1 NLEA serving)	0.036
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	0.036
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.036
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.036
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.036

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.036
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.036
07951	Scrapple, pork	17.0	1.0 cubic inch	0.036
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.036
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.036
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	36.0	2.0 Tbsp	0.036
11118	Cabbage, kimchi	150.0	1.0 cup	0.036
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.036
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	40.0	1.0 donut	0.036
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.036
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.036
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.036
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.036
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.036
19014	Snacks, fruit leather, rolls	21.0	1.0 large	0.036
19274	Snacks, fruit leather, pieces, with vitamin C	21.0	1.0 serving	0.036
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.036
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	6.4	1.0 tsp dry	0.036
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.036
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.036
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.036
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.036
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.036
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.036
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.036
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.036
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	0.036
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.036
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.036
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.036
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	8.7	1.0 scoop	0.036
43597	Cheese, mozzarella, low sodium	132.0	1.0 cup, diced	0.036
03279	Babyfood, dinner, mixed vegetable, junior	99.0	1.0 serving	0.036
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	9.6	1.0 scoop	0.036
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	9.6	1.0 scoop	0.036

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.035
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.035
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.035
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	295.0	1.0 bottle	0.035
42283	Snacks, potato chips, white, restructured, baked	34.0	1.0 cup	0.035
11143	Celery, raw	101.0	1.0 cup chopped	0.035
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.035
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.035
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.035
09437	Tamarind nectar, canned	251.0	1.0 cup	0.035
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.035
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.035
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.035
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.035
42303	Cheese, muenster, low fat	113.0	1.0 cup, shredded	0.035
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.035
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.035
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.035
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.035
15112	Fish, tilefish, raw	85.0	3.0 oz	0.035
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	0.035
15023	Fish, mahimahi, raw	85.0	3.0 oz	0.035
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	0.035
15266	Fish, pollock, Alaska, raw (not previously frozen)	85.0	3.0 oz	0.035
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	0.035
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	0.035
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.035
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.035
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	0.035
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.035
11851	Rutabagas, cooked, boiled, drained, with salt	120.0	0.5 cup, mashed	0.035
18224	Crackers, rusk toast	14.2	0.5 oz	0.035
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	9.4	1.0 scoop	0.035
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.035
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	51.0	1.0 pastry	0.035
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.035

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.035
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.035
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.035
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	27.0	0.75 cup	0.035
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.035
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.035
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.034
18961	Crackers, cream, GAMESA SABROSAS	31.0	11.0 crackers (1 NLEA serving)	0.034
19120	Candies, milk chocolate	7.0	1.0 bar, miniature	0.034
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.034
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.034
01035	Cheese, provolone	132.0	1.0 cup, diced	0.034
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.034
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.034
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.034
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.034
06528	Soup, chicken noodle, dry, mix, prepared with water	245.0	1.0 cup	0.034
11157	Chrysanthemum, garland, raw	25.0	1.0 cup (1" pieces)	0.034
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.034
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.034
43507	Frankfurter, low sodium	57.0	1.0 frankfurter	0.034
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.034
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.034
07034	Headcheese, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.034
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRI-X	28.0	1.0 cup	0.034
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.034
14262	Beverages, citrus fruit juice drink, frozen concentrate	35.2	1.0 fl oz	0.034
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.034
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.034
17166	Game meat, elk, raw	28.35	1.0 oz	0.034
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.034
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	27.0	0.75 cup (1 NLEA serving)	0.034
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.034
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.034
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.034
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.034

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.034
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.034
06971	Sauce, worcestershire	17.0	1.0 tbsp	0.034
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.034
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	0.034
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	0.034
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	8.7	1.0 scoop	0.034
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.034
42117	Imitation cheese, american or cheddar, low cholesterol	113.0	1.0 cup, shredded	0.034
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	9.4	1.0 scoop	0.034
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	31.9	1.0 fl oz	0.034
09502	Apples, raw, granny smith, with skin	109.0	1.0 cup, sliced	0.034
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.034
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	28.35	1.0 oz	0.034
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.034
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.034
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	28.35	1.0 oz, boneless	0.034
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.034
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.034
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.034
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.034
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.034
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.034
09450	Naranjilla (lulo) pulp, frozen, unsweetened	120.0	1.0 cup thawed	0.034
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.034
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.034
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.034
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	8.7	1.0 scoop	0.034
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	8.7	1.0 scoop	0.034
28345	Crackers, gluten-free, multi-seeded and multigrain	6.1	3.0 crackers	0.033
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	9.3	1.0 scoop	0.033
06019	Soup, chicken noodle, canned, condensed	124.0	0.5 cup	0.033
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.033

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	14.0	0.75 cup (1 NLEA serving)	0.033
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	239.0	1.0 cup	0.033
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	239.0	1.0 cup	0.033
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.033
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.033
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	8.8	1.0 scoop	0.033
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	8.8	1.0 scoop	0.033
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	8.8	1.0 scoop	0.033
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.033
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	9.0	1.0 scoop	0.033
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.033
11220	Gourd, dishcloth (towelgourd), raw	95.0	1.0 cup (1" pieces)	0.033
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	8.7	1.0 scoop	0.033
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	8.7	1.0 scoop	0.033
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	123.0	0.5 cup	0.033
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.033
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.033
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.033
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.033
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.033
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	0.033
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	8.5	1.0 scoop	0.033
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	8.5	1.0 scoop	0.033
15110	Fish, swordfish, raw	85.0	3.0 oz	0.033
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.033
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	0.033
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	8.7	1.0 scoop	0.033
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	8.7	1.0 scoop	0.033
01057	Eggnog	254.0	1.0 cup	0.033
01020	Cheese, fontina	132.0	1.0 cup, diced	0.033
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.033
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.033

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.033
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.033
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.033
05023	Chicken, gizzard, all classes, raw	28.35	1.0 oz	0.033
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.033
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	31.0	1.0 fl oz	0.033
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.033
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.033
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.033
28349	Cookies, oatmeal, reduced fat	25.0	1.0 cookie	0.033
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.033
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.033
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.033
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.033
19009	Snacks, KRAFT, CORNNUTS, plain	28.35	1.0 oz	0.033
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.033
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.033
25050	Snacks, yucca (cassava) chips, salted	28.35	1.0 oz	0.033
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.033
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.033
03010	Babyfood, meat, lamb, strained	22.0	1.0 tbsp	0.033
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.032
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.032
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	250.0	8.0 fl oz	0.032
09229	Papaya nectar, canned	250.0	1.0 cup	0.032
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.032
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	8.3	1.0 scoop	0.032
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	8.3	1.0 scoop	0.032
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	21.0	1.0 oz with bone, cooked (yield after bone removed)	0.032
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.032
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.032
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.032
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.032
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.032
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	28.35	1.0 oz boneless	0.032
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.032

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.032
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.032
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.032
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.032
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.032
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	0.032
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.032
18223	Crackers, milk	14.2	0.5 oz	0.032
02054	Capers, canned	8.6	1.0 tbsp, drained	0.032
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30.0	0.75 cup (1 NLEA serving)	0.032
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.032
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.032
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.032
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.032
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.032
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.032
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.032
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	200.0	6.75 fl oz	0.032
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.032
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.032
01173	Egg, white, dried	28.0	1.0 oz	0.032
21129	Fast foods, hush puppies	22.0	1.0 piece	0.032
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.032
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.032
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.032
09433	Clementines, raw	74.0	1.0 fruit	0.032
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.032
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.032
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.032
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.032
01005	Cheese, brick	132.0	1.0 cup, diced	0.032
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.032
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	0.032
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	113.0	4.0 oz	0.032
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	113.0	4.0 oz	0.032

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	113.0	4.0 oz	0.032
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.032
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.032
11024	Balsam-pear (bitter gourd), pods, raw	93.0	1.0 cup (1/2" pieces)	0.032
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	27.0	0.75 cup (1 NLEA serving)	0.032
09309	Rhubarb, frozen, uncooked	137.0	1.0 cup, diced	0.032
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	28.35	1.0 oz boneless	0.031
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.031
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.031
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	0.031
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.031
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.031
21309	McDONALD'S, Chicken McNUGGETS	64.0	4.0 pieces	0.031
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.031
14268	Beverages, Fruit punch drink, frozen concentrate	34.8	1.0 fl oz	0.031
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	31.3	1.0 fl oz	0.031
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.031
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
19433	Tortilla chips, low fat, baked without fat	28.35	1.0 oz	0.031
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.031
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.031
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.031
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.031
19833	Snacks, tortilla chips, low fat, unsalted	28.35	1.0 oz	0.031
03938	Infant formula, PBM PRODUCTS, store brand, powder	8.4	1.0 scoop	0.031
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.031
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.031
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.031
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.031
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	29.2	1.0 fl oz	0.031
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26.0	0.75 cup (1 NLEA serving)	0.031
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	238.0	1.0 cup (8 fl oz)	0.031
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.031
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.031

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.031
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.031
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	8.7	1.0 scoop	0.031
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	237.0	8.0 fl oz	0.031
07201	OSCAR MAYER, Bologna (beef)	28.0	1.0 serving (1 slice)	0.031
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.031
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.031
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	31.3	1.0 fl oz	0.031
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.031
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.031
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.031
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.031
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	0.031
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.031
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.031
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.030
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.030
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.030
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.030
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.030
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.030
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.030
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.030
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.030
18956	Keikitos (muffins), Latino bakery item	42.0	1.0 piece	0.030
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.030
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	31.4	1.0 fl oz	0.030
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.030
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	31.4	1.0 fl oz	0.030
18971	Bread, potato	32.0	1.0 slice	0.030
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.030
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	31.3	1.0 fl oz	0.030

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	31.6	1.0 fl oz	0.030
43007	Babyfood, fruit, tutti frutti, junior	15.0	1.0 tbsp	0.030
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	30.0	0.75 cup (1 NLEA serving)	0.030
21143	CHICK-FIL-A, Chick-n-Strips	50.0	1.0 strip	0.030
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30.0	1.0 cup (1 NLEA serving)	0.030
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.030
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27.0	0.75 cup (1 NLEA serving)	0.030
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	31.5	1.0 fl oz	0.030
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	36.0	1.0 roll	0.030
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	36.0	1.0 roll	0.030
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.030
25028	Tortilla chips, yellow, plain, salted	28.35	1.0 oz	0.030
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.030
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248.0	1.0 cup	0.030
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	248.0	1.0 cup	0.030
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.030
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.030
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.030
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.030
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.030
42190	Pork sausage rice links, brown and serve, cooked	45.0	2.0 links 1 NLEA serving	0.030
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	11.0	1.0 serving	0.030
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.030
11982	Peppers, pasilla, dried	7.0	1.0 pepper	0.030
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	37.0	1.0 wing without skin	0.030
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	30.8	1.0 fl oz	0.030
28308	Crackers, standard snack-type, with whole wheat	15.0	5.0 crackers 1 serving	0.030
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	246.0	1.0 serving 8 oz	0.030
01229	Cheese, white, queso blanco	118.0	1.0 cup, crumbled	0.030
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.030
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	28.35	1.0 oz	0.029
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.029
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.029
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	31.0	1.0 fl oz	0.029
01264	Ice cream bar, stick or nugget, with crunch coating	95.0	26.0 pieces	0.029
15103	Fish, spot, raw	64.0	1.0 fillet	0.029
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.029
03228	Babyfood, dessert, peach cobbler, junior	15.0	1.0 tbsp	0.029
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.029
18069	Bread, white, commercially prepared (includes soft bread crumbs)	29.0	1.0 slice	0.029
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.029
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.029
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.029
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.029
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.029
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.029
01034	Cheese, port de salut	132.0	1.0 cup, diced	0.029
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.029
05335	Chicken, feet, boiled	28.35	1.0 oz	0.029
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.029
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.029
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	0.029
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.029
01256	Yogurt, Greek, plain, nonfat	170.0	1.0 container	0.029
15053	Fish, milkfish, raw	85.0	3.0 oz	0.029
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	0.029
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.029
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.029
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	31.4	1.0 fl oz	0.029
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.029
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	0.029
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.029
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.029
21127	Fast foods, coleslaw	191.0	1.0 cup	0.029
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.029
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.029
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.029
17224	Lamb, ground, raw	28.35	1.0 oz	0.029
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.029

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.029
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.029
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.029
18338	Phyllo dough	28.35	1.0 oz	0.029
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.029
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	56.0	2.0 oz 1 NLEA serving	0.029
21337	McDONALD'S, Peanuts (for Sundaes)	7.0	0.3 oz	0.029
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	238.0	1.0 serving	0.029
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	0.029
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	150.0	5.3 oz	0.028
03227	Babyfood, dessert, peach cobbler, strained	15.0	1.0 tbsp	0.028
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.028
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.028
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	150.0	5.3 oz	0.028
07052	Pastrami, turkey	57.0	2.0 slices	0.028
01113	Whey, acid, dried	57.0	1.0 cup	0.028
04635	Salad dressing, thousand island dressing, fat-free	16.0	1.0 tbsp	0.028
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.028
14015	Alcoholic beverage, pina colada, canned	32.6	1.0 fl oz	0.028
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.028
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.028
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.028
18241	Croissants, cheese	28.35	1.0 oz	0.028
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	28.35	1.0 oz	0.028
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	28.35	1.0 oz	0.028
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.028
43595	Breakfast bar, corn flake crust with fruit	28.35	1.0 oz	0.028
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
28351	Cookies, Marie biscuit	28.0	5.0 cookie	0.028
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.028
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.028
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	31.0	1.5 cup (1 NLEA serving)	0.028
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.028
01024	Cheese, limburger	134.0	1.0 cup	0.028
03016	Babyfood, meat, turkey, junior	19.0	1.0 tbsp	0.028
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.028
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.028
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.028
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.028
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.028
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	0.028
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	0.028
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.028
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.028
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	28.0	1.0 oz	0.028
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.028
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.028
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.028
18361	Toaster pastries, brown-sugar-cinnamon	28.35	1.0 oz	0.028
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.028
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.028
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.028
08177	Cereals, MALT-O-MEAL, chocolate, dry	35.0	3.0 tbsp (1 NLEA serving)	0.028
27050	Sauce, sweet and sour, ready-to-serve	35.0	2.0 Tbsp	0.028
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	120.0	1.0 item	0.028
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.027
19056	Snacks, tortilla chips, plain, white corn, salted	28.35	1.0 oz	0.027
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.027
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.027
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.027
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.027
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.027
02007	Spices, celery seed	2.0	1.0 tsp	0.027
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.027
21335	McDONALD'S, Hot Caramel Sundae	182.0	1.0 item (6.4 oz)	0.027
04638	Salad dressing, ranch dressing, fat-free	14.0	1.0 tablespoon	0.027
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	30.0	1.0 cup (1 NLEA serving)	0.027
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	44.0	3.0 cookies	0.027

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11237	Kanpyo, (dried gourd strips)	6.3	1.0 strip	0.027
09504	Apples, raw, fuji, with skin	109.0	1.0 cup, sliced	0.027
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.027
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.027
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.027
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.027
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.027
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.027
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.027
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.027
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	247.0	1.0 cup	0.027
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.027
11151	Chicory, witloof, raw	53.0	1.0 head	0.027
02009	Spices, chili powder	2.7	1.0 tsp	0.027
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.027
01276	Yogurt, Greek, strawberry, DANNON OIKOS	150.0	5.3 oz	0.027
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.027
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	9.0	1.0 link	0.027
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	30.0	0.75 cup (1 NLEA serving)	0.027
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.027
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.027
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.027
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.027
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.027
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	28.35	1.0 oz	0.027
35140	Bread, kneel down (Navajo)	28.35	1.0 oz	0.027
18355	Sweet rolls, cheese	28.35	1.0 oz	0.027
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.027
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.027
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.027
19365	Toppings, marshmallow cream	28.35	1.0 oz	0.027
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.027
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.027
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.027

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16.0	1.0 serving	0.027
11954	Tomatillos, raw	34.0	1.0 medium	0.027
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.027
14239	Alcoholic beverage, malt beer, hard lemonade	335.0	11.2 fl oz	0.027
21334	McDONALD'S, Strawberry Sundae	178.0	1.0 item (6.3 oz)	0.027
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.027
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.027
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.027
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.027
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.027
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.027
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.027
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.027
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.027
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.027
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	30.8	1.0 fl oz	0.026
06094	Soup, onion, dry, mix	7.5	1.0 serving 1 tbsp	0.026
06176	Sauce, oyster, ready-to-serve	18.0	1.0 tbsp	0.026
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.026
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.026
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.026
15097	Fish, sheepshead, raw	85.0	3.0 oz	0.026
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	28.0	1.0 medium slice (approx 3" x 2" x 1/4")	0.026
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.026
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	35.0	1.0 slice	0.026
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.026
11965	Cauliflower, green, raw	64.0	1.0 cup	0.026
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.026
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	23.0	1.0 Roll	0.026
03175	Babyfood, juice, orange and apricot	31.2	1.0 fl oz	0.026
01227	Cheese, dry white, queso seco	97.0	1.0 cup grated	0.026
11591	Watercress, raw	34.0	1.0 cup, chopped	0.026
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.026
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.026
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.026
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.026
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.026
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.026
19183	Puddings, chocolate, ready-to-eat	28.35	1.0 oz	0.026
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.026
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.026
19193	Puddings, rice, ready-to-eat	113.0	1.0 serving 4 oz pudding cup	0.026
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.026
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.026
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.026
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.026
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.026
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.026
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	56.0	2.0 oz 1 NLEA serving	0.026
09307	Rhubarb, raw	122.0	1.0 cup, diced	0.026
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.026
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.026
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.026
04142	Salad dressing, french dressing, reduced fat, without salt	16.0	1.0 tablespoon	0.026
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.026
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.026
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.026
18003	Bagels, egg	28.35	1.0 oz	0.026
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.026
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.026
18192	Cookies, shortbread, commercially prepared, plain	28.35	1.0 oz	0.026
07061	Mother's loaf, pork	28.35	1.0 oz	0.026
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.026
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.026
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	150.0	5.3 oz	0.026

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.026
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	150.0	5.3 oz	0.026
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.026
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.026
10158	USDA Commodity, pork, canned	85.0	3.0 oz	0.026
05354	USDA Commodity, turkey taco meat, frozen, cooked	85.0	3.0 oz	0.026
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.026
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.025
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.025
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.025
18245	Danish pastry, cheese	28.35	1.0 oz	0.025
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.025
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.025
09079	Cranberries, dried, sweetened	40.0	0.25 cup	0.025
31036	Potatoes, mashed, ready-to-eat	229.0	1.0 cup	0.025
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.025
09434	Guanabana nectar, canned	251.0	1.0 cup	0.025
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.025
06127	Gravy, unspecified type, dry	25.0	1.0 cup (8 fl oz)	0.025
09443	Juice, apple and grape blend, with added ascorbic acid	250.0	8.0 fl oz	0.025
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	250.0	1.0 can	0.025
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.025
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.025
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.025
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.025
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	30.0	1.0 cup (1 NLEA serving)	0.025
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.025
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.025
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.025
14017	Alcoholic beverage, pina colada, prepared-from-recipe	31.4	1.0 fl oz	0.025
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.025
11213	Endive, raw	25.0	0.5 cup, chopped	0.025
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.025
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.025
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.025

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.025
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.025
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.025
14405	Beverages, fruit punch juice drink, frozen concentrate	35.2	1.0 fl oz	0.025
03139	Babyfood, prunes, without vitamin c, strained	15.0	1.0 tbsp	0.025
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.025
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	0.025
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	70.0	0.25 cup	0.024
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.024
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.024
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.024
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.024
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.024
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.024
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.024
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.024
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.024
03265	Babyfood, juice, apple and grape	31.2	1.0 fl oz	0.024
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.024
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.024
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	30.4	1.0 fl oz	0.024
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.024
27047	Sauce, salsa, verde, ready-to-serve	30.0	2.0 Tbsp	0.024
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.024
43215	Salad dressing, buttermilk, lite	15.0	1.0 tablespoon	0.024
04640	Salad dressing, ranch dressing, reduced fat	15.0	1.0 tablespoon	0.024
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	27.0	0.75 cup (1 NLEA serving)	0.024
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	0.024
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.024
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.024
06480	Soup, chicken broth or bouillon, dry, prepared with water	241.0	1.0 cup 8 fl oz	0.024
19434	Cheese puffs and twists, corn based, baked, low fat	28.35	1.0 oz	0.024
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.024
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.024
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.024
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.024
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	30.4	1.0 fl oz	0.024
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	30.4	1.0 fl oz	0.024
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	30.4	1.0 fl oz	0.024
14162	Beverages, Apple juice drink, light, fortified with vitamin C	240.0	8.0 fl oz	0.024
06475	Soup, beef broth or bouillon, powder, prepared with water	240.0	1.0 serving 1 cup	0.024
02015	Spices, curry powder	2.0	1.0 tsp	0.024
06476	Soup, beef broth, cubed, prepared with water	240.0	1.0 serving 1 cup	0.024
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.024
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.024
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.024
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.024
18243	Croutons, seasoned	14.2	0.5 oz	0.024
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.024
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.024
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.024
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	0.024
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	0.024
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.024
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.024
15054	Fish, monkfish, raw	85.0	3.0 oz	0.024
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	30.5	1.0 fl oz	0.024
06164	Sauce, salsa, ready-to-serve	36.0	2.0 tbsp	0.024
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.024
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.024
01182	USDA Commodity, cheese, cheddar, reduced fat	113.0	1.0 cup shredded	0.024
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	30.0	5.0 fl oz	0.024
03005	Babyfood, meat, veal, strained	16.0	1.0 tbsp	0.024
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.024
14261	Beverages, tea, green, ready to drink, unsweetened	473.0	16.0 fl oz	0.024
14079	Beverages, yellow green colored citrus soft drink with caffeine	473.0	16.0 fl oz	0.024
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	8.4	3.0 crackers	0.024
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.024
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.024
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.024
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.024
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.023
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.023
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.023
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.023
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.023
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.023
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.023
18242	Croutons, plain	14.2	0.5 oz	0.023
03211	Babyfood, cereal, high protein, with apple and orange, dry	2.4	1.0 tbsp	0.023
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.023
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.023
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.023
42316	Babyfood, carrots, toddler	28.35	1.0 oz	0.023
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.023
15045	Fish, lingcod, raw	85.0	3.0 oz	0.023
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	62.0	1.0 cup	0.023
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	62.0	1.0 cup	0.023
03246	Babyfood, dessert, custard pudding, vanilla, junior	229.0	1.0 cup	0.023
09503	Apples, raw, gala, with skin	109.0	1.0 cup, sliced	0.023
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.023
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.023
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.023
03122	Babyfood, peas, dices, toddler	28.35	1.0 oz	0.023
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.023
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.023
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.023
18021	Bread, boston brown, canned	28.35	1.0 oz	0.023
18239	Croissants, butter	28.35	1.0 oz	0.023
01021	Cheese, gjetost	28.35	1.0 oz	0.023
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.023
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.023
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.023
07019	Chorizo, pork and beef	28.35	1.0 oz	0.023
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.023

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.023
07030	Ham, minced	28.35	1.0 oz	0.023
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.023
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.023
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.023
02025	Spices, nutmeg, ground	2.2	1.0 tsp	0.023
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.023
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.023
07938	Ham, honey, smoked, cooked	55.0	1.94 oz (1 serving)	0.023
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.022
11595	Winged beans, immature seeds, raw	44.0	1.0 cup slices	0.022
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	249.0	8.0 fl oz	0.022
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.022
07921	Bacon and beef sticks	28.0	1.0 oz	0.022
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.022
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.022
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.022
03158	Babyfood, fruit, pears and pineapple, strained	16.0	1.0 tbsp	0.022
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.022
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.022
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	28.35	1.0 oz	0.022
17218	Veal, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.022
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.022
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.022
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	248.0	8.0 fl oz	0.022
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	248.0	8.0 fl oz	0.022
14256	Beverages, OCEAN SPRAY, Cran Cherry	248.0	8.0 fl oz	0.022
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	62.0	1.0 serving 2.17 oz pack	0.022
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	247.0	8.0 fl oz	0.022
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	247.0	8.0 fl oz	0.022
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	247.0	8.0 fl oz	0.022
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.022
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.022
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.022
27059	Sauce, peanut, made from peanut butter, water, soy sauce	18.0	1.0 tbsp	0.022
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	170.0	1.0 container	0.022
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.022
15049	Fish, mackerel, king, raw	85.0	3.0 oz	0.022
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.022
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.022
14024	Beverages, Whiskey sour mix, powder	17.0	1.0 packet	0.022
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	35.0	1.0 waffle	0.022
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.022
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.022
18218	Crackers, matzo, egg	14.2	0.5 oz	0.022
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22.0	1.0 serving	0.022
15022	Fish, cusk, raw	122.0	1.0 fillet	0.022
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.022
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	0.022
02032	Spices, pepper, white	2.4	1.0 tsp, ground	0.022
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	39.0	1.0 slice	0.022
19106	Candies, gumdrops, starch jelly pieces	182.0	1.0 cup gumdrops	0.022
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.022
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.022
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.022
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	28.35	1.0 oz	0.022
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	242.0	8.0 fl oz	0.022
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.022
03002	Babyfood, meat, beef, strained	14.7	1.0 tbsp	0.022
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.022
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.022
14217	Beverages, OCEAN SPRAY, Cran Grape	240.0	8.0 fl oz	0.022
07022	Frankfurter, beef, unheated	49.0	1.0 hot dog	0.022
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	28.35	1.0 oz	0.022
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.022
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.022
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.022
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.022

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.021
19271	Ice creams, strawberry	58.0	1.0 individual (3.5 fl oz)	0.021
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.021
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.021
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	238.0	1.0 cup (8 fl oz)	0.021
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	238.0	1.0 cup (8 fl oz)	0.021
14248	Alcoholic beverage, beer, light, higher alcohol	356.0	12.0 fl oz	0.021
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.021
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	237.0	8.0 fl oz	0.021
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	237.0	8.0 fl oz	0.021
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.021
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.021
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.021
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.021
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.021
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.021
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.021
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.021
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.021
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.021
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	32.1	1.0 fl oz	0.021
28292	Crackers, multigrain	14.0	4.0 crackers	0.021
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.021
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.021
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.021
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.021
14264	Beverages, fruit punch drink, without added nutrients, canned	210.0	6.75 fl oz	0.021
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.021
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.021
03213	Babyfood, cookies	28.35	1.0 oz	0.021
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.021
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.021
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.021
03214	Babyfood, cookies, arrowroot	28.35	1.0 oz	0.021

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.021
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.021
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.021
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.021
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.021
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.021
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.021
19705	Puddings, banana, dry mix, instant, with added oil	99.0	1.0 package (3.5 oz)	0.021
19318	Puddings, banana, dry mix, instant	99.0	1.0 package (3.5 oz)	0.021
19097	Sherbet, orange	74.0	0.5 cup (4 fl oz)	0.021
13350	Beef, cured, dried	28.0	10.0 slices	0.021
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.021
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.021
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	90.0	1.0 item (3.2 oz)	0.021
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.021
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.021
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.021
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.021
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.021
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.021
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.021
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.021
19858	Candies, sugar-coated almonds	3.5	1.0 piece	0.021
01144	Egg substitute, powder	9.9	0.35 oz	0.020
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	32.0	1.0 cup (1 NLEA serving)	0.020
06175	Sauce, hoisin, ready-to-serve	16.0	1.0 tbsp	0.020
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.020
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	227.0	8.0 fl oz	0.020
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.020
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.020
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.020
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.020
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.020
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.020
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.020
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.020

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.020
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.020
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.020
01243	Fat free ice cream, no sugar added, flavors other than chocolate	68.0	0.5 cup	0.020
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.020
19260	Ice creams, vanilla, light, no sugar added	68.0	1.0 serving 1/2 cup	0.020
43408	Babyfood, juice, pear	31.2	1.0 fl oz	0.020
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
19234	Puddings, tapioca, ready-to-eat, fat free	112.0	1.0 container refrigerated 4 oz	0.020
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.020
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.020
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
07025	Frankfurter, turkey	28.35	1.0 oz	0.020
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.020
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.020
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.020
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.020
19719	Jams and preserves, apricot	20.0	1.0 tbsp	0.020
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.020
19297	Jams and preserves	20.0	1.0 tbsp	0.020
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.020
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.020
06700	Soup, vegetable broth, ready to serve	221.0	1.0 cup	0.020
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.020
10102	Pork, fresh, variety meats and by-products, feet, raw	28.35	1.0 oz	0.020
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.020
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.020
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.020
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.020
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.020
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.020
13341	Beef, variety meats and by-products, tripe, raw	28.35	1.0 oz	0.020
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.020
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.020
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	3.9	3.0 crackers	0.020
19225	Desserts, rennin, tablets, unsweetened	9.9	1.0 package (0.35 oz)	0.020

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	44.0	3.0 cookies	0.020
06615	Soup, SWANSON, vegetable broth	220.0	1.0 cup	0.020
06188	Soup, beef broth, less/reduced sodium, ready to serve	219.0	1.0 cup	0.020
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.020
19375	Frostings, glaze, prepared-from-recipe	327.0	1.0 recipe yield	0.020
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.020
14090	Beverages, Coconut water, ready-to-drink, unsweetened	245.0	1.0 cup	0.020
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.020
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.020
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	28.35	1.0 oz	0.020
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.020
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	28.35	1.0 oz	0.020
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.020
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.020
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.020
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.020
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.020
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.020
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	0.020
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.020
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.020
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.020
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.019
36035	Restaurant, family style, coleslaw	108.0	1.0 serving	0.019
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019
04367	Salad dressing, french dressing, fat-free	16.0	1.0 tablespoon	0.019
03171	Babyfood, juice, apple and prune	31.2	1.0 fl oz	0.019
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.019
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.019
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.019
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.019
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019
14281	Beverages, tea, black, ready to drink, decaffeinated	240.0	1.0 cup	0.019
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	240.0	1.0 cup	0.019
06611	Soup, SWANSON, beef broth, lower sodium	213.0	1.0 cup	0.019
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.019

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
02005	Spices, caraway seed	2.1	1.0 tsp	0.019
02002	Spices, anise seed	2.1	1.0 tsp, whole	0.019
17172	Game meat, moose, raw	28.35	1.0 oz	0.019
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.019
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.019
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.019
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.019
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.019
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	30.5	1.0 fl oz	0.019
03269	Babyfood, juice, apple, with calcium	189.0	1.0 serving	0.019
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.019
43046	Candies, nougat, with almonds	14.0	1.0 piece	0.019
19867	Ice creams, vanilla, fat free	67.0	0.5 cup	0.019
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.019
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.019
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.019
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.019
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.019
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.019
15074	Fish, sablefish, raw	85.0	3.0 oz	0.019
10864	Pork, bacon, rendered fat, cooked	85.0	3.0 oz	0.019
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.019
15268	Fish, cod, Pacific, raw (not previously frozen)	85.0	3.0 oz	0.019
42204	Rice cake, cracker (include hain mini rice cakes)	4.2	1.0 cubic inch	0.019
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	27.0	1.0 cup (1 NLEA serving)	0.019
28327	Crackers, water biscuits	14.0	4.0 cracker 1 serving	0.019
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.019
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	25.0	1.0 slice	0.018
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	25.0	1.0 slice	0.018
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.018
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.018
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.018
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.018
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.018

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.018
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.018
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.018
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.018
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.018
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.018
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.018
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.018
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.018
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	31.0	1.0 fl oz	0.018
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018
02014	Spices, cumin seed	2.1	1.0 tsp, whole	0.018
18952	Tostada shells, corn	12.3	1.0 piece	0.018
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.018
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.018
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	28.35	1.0 oz	0.018
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.018
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.018
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	259.0	1.0 cup (8 fl oz)	0.018
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	27.0	1.0 cake 1 serving	0.018
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.018
09149	Kumquats, raw	19.0	1.0 fruit without refuse	0.018
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.018
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.018
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	5.3	1.0 tbsp	0.018
06112	Sauce, teriyaki, ready-to-serve	18.0	1.0 tbsp	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	30.0	0.75 cup (1 NLEA serving)	0.018
19303	Marmalade, orange	20.0	1.0 tbsp	0.018
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	31.0	1.0 cup (1 NLEA serving)	0.018
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	30.4	1.0 fl oz	0.018
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	30.4	1.0 fl oz	0.018
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	30.4	1.0 fl oz	0.018
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.018
07959	Bologna, chicken, pork, beef	28.0	1.0 serving	0.018

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
28315	Bread, cinnamon	28.0	1.0 slice 1 serving	0.018
21420	KFC, Coleslaw	112.0	1.0 package	0.018
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.018
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.018
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.018
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.018
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.018
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.018
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.018
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	28.35	1.0 oz	0.018
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.018
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.018
15033	Fish, haddock, raw	85.0	3.0 oz	0.018
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.018
18214	Crackers, cheese, regular	14.2	0.5 oz	0.018
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	177.0	6.0 fl oz	0.018
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	8.0	1.0 cup	0.018
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.018
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.018
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.018
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.018
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.018
43268	Whipped cream substitute, dietetic, made from powdered mix	80.0	1.0 cup	0.018
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.018
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.018
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.018
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	28.35	1.0 oz	0.018
02013	Spices, coriander seed	1.8	1.0 tsp	0.018
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.018
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.017
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.017
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.017
27063	Sauce, enchilada, red, mild, ready to serve	56.0	0.25 cup	0.017
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.017
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.017
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.017

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.017
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.017
07050	Mortadella, beef, pork	28.35	1.0 oz	0.017
18171	Cookies, fortune	28.35	1.0 oz	0.017
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.017
17212	Veal, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.017
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.017
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.017
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.017
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.017
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.017
01069	Cream substitute, powdered	94.0	1.0 cup	0.017
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.017
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	58.0	0.25 cup	0.017
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.017
03159	Babyfood, fruit, pears and pineapple, junior	16.0	1.0 tbsp	0.017
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.017
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	240.0	1.0 cup (8 fl oz)	0.017
07952	Bologna, chicken, turkey, pork	28.0	1.0 serving	0.017
21416	POPEYES, Coleslaw	120.0	1.0 package	0.017
01072	Dessert topping, pressurized	70.0	1.0 cup	0.017
07027	Ham, chopped, not canned	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.017
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	30.5	1.0 fl oz	0.017
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.017
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.017
03220	Babyfood, dessert, dutch apple, strained	28.35	1.0 oz	0.017
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.017
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.017
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.017
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	31.4	1.0 fl oz	0.017
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.017
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.017
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.017
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	237.0	8.0 fl oz (1 NLEA serving)	0.017
11161	Collards, raw	36.0	1.0 cup, chopped	0.017

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
02020	Spices, garlic powder	3.1	1.0 tsp	0.017
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	127.0	0.5 cup	0.017
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.016
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.016
14194	Beverages, Cocoa mix, powder, prepared with water	34.3	1.0 fl oz	0.016
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.016
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.016
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.016
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.016
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.016
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.016
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	28.35	1.0 oz	0.016
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.016
02028	Spices, paprika	2.3	1.0 tsp	0.016
02016	Spices, dill seed	2.1	1.0 tsp	0.016
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	271.0	1.0 cup	0.016
04636	Salad dressing, italian dressing, fat-free	14.0	1.0 tbsp	0.016
11006	Arrowhead, cooked, boiled, drained, without salt	12.0	1.0 medium	0.016
11701	Arrowhead, cooked, boiled, drained, with salt	12.0	1.0 corm, medium	0.016
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.016
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.016
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.016
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.016
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	30.5	1.0 fl oz	0.016
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	30.5	1.0 fl oz	0.016
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.016
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.016
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.016
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.016
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.016
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.016
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.016
03165	Babyfood, fruit, apple and blueberry, junior	28.35	1.0 oz	0.016
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.016
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.016
15269	Fish, cod, Pacific, cooked (not previously frozen)	85.0	3.0 oz	0.016

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.016
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.016
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.016
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.016
21314	McDONALD'S, Spicy Buffalo Sauce	43.0	1.5 oz	0.016
21311	McDONALD'S, Creamy Ranch Sauce	43.0	1.5 oz	0.016
21316	McDONALD'S, Tangy Honey Mustard Sauce	43.0	1.5 oz	0.016
07007	Bologna, beef	30.0	1.0 slice	0.016
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.016
03164	Babyfood, fruit, apple and blueberry, strained	28.35	1.0 oz	0.016
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.016
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.016
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.016
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.016
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.016
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.016
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	30.4	1.0 fl oz	0.016
09165	Litchis, dried	2.5	1.0 fruit	0.016
14066	Beverages, Protein powder whey based	32.0	0.33 cup	0.016
42187	Frozen yogurts, flavors other than chocolate	174.0	1.0 cup	0.016
19136	Candies, HERSHEY'S SKOR Toffee Bar	39.0	1.0 bar 1.4 oz	0.016
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.016
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.016
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.016
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.016
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.016
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.016
03964	Babyfood, fortified cereal bar, fruit filling	19.0	1.0 bar	0.016
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.016
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.015
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.015
03152	Babyfood, fruit, apple and raspberry, strained	28.35	1.0 oz	0.015
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.015
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	28.35	1.0 oz	0.015
03293	Babyfood, plums, bananas and rice, strained	28.35	1.0 oz	0.015
31034	Peppers, hot pickled, canned	34.0	0.25 cup drained	0.015

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.015
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.015
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	30.5	1.0 fl oz	0.015
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	30.5	1.0 fl oz	0.015
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	30.5	1.0 fl oz	0.015
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	30.5	1.0 fl oz	0.015
14165	Beverages, carbonated, limeade, high caffeine	253.0	1.0 cup	0.015
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.015
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.015
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.015
18323	Pie, peach	28.35	1.0 oz	0.015
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.015
03153	Babyfood, fruit, apple and raspberry, junior	28.35	1.0 oz	0.015
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.015
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.015
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.015
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.015
11960	Carrots, baby, raw	15.0	1.0 large	0.015
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.015
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	30.5	1.0 fl oz	0.015
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	30.5	1.0 fl oz	0.015
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	30.5	1.0 fl oz	0.015
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	30.5	1.0 fl oz	0.015
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	30.5	1.0 fl oz	0.015
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	30.5	1.0 fl oz	0.015
11444	Seaweed, irishmoss, raw	10.0	2.0 tbsp (1/8 cup)	0.015
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	30.4	1.0 fl oz	0.015
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	30.4	1.0 fl oz	0.015
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	30.4	1.0 fl oz	0.015
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	30.4	1.0 fl oz	0.015
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	29.2	1.0 fl oz	0.015
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.015
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.015

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.015
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.015
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.015
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.015
06151	Sauce, plum, ready-to-serve	19.0	1.0 tbsp	0.015
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	29.6	1.0 fl oz	0.015
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	29.6	1.0 fl oz	0.015
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.015
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.015
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.015
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	29.0	1.0 oz	0.015
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.015
18103	Coffeecake, cheese	28.35	1.0 oz	0.015
10005	Pork, fresh, belly, raw	28.35	1.0 oz	0.015
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.015
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.015
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.015
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.015
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.015
43406	Yeast extract spread	6.0	1.0 tsp	0.015
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.015
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.015
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	244.0	1.0 cup	0.015
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.015
18360	Taco shells, baked	12.9	1.0 shell	0.015
06307	Sauce, barbecue, KRAFT, original	16.0	1.0 tbsp	0.015
20650	Sorghum flour, refined, unenriched	161.0	1.0 cup	0.014
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.014
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.014
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.014
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.014
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.014
03225	Babyfood, dessert, cherry vanilla pudding, junior	28.35	1.0 oz	0.014
11935	Catsup	17.0	1.0 tbsp	0.014
11949	Catsup, low sodium	17.0	1.0 tbsp	0.014

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03178	Babyfood, juice, prune and orange	31.2	1.0 fl oz	0.014
03172	Babyfood, juice, orange	31.2	1.0 fl oz	0.014
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.014
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.014
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.014
27056	Sauce, barbecue, BULL'S-EYE, original	16.0	1.0 tbsp	0.014
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	237.0	8.0 fl oz	0.014
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.014
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.014
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.014
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.014
03224	Babyfood, dessert, cherry vanilla pudding, strained	28.35	1.0 oz	0.014
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.014
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.014
07026	Ham, chopped, canned	28.35	1.0 oz	0.014
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.014
02026	Spices, onion powder	2.4	1.0 tsp	0.014
14334	Beverages, pineapple and grapefruit juice drink, canned	31.3	1.0 fl oz	0.014
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.014
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.014
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	200.0	1.0 pouch	0.014
05311	Chicken, canned, no broth	28.0	1.0 oz	0.014
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.014
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.014
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	30.4	1.0 fl oz	0.014
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	30.4	1.0 fl oz	0.014
14414	Alcoholic beverage, liqueur, coffee, 53 proof	34.8	1.0 fl oz	0.014
14534	Alcoholic beverage, liqueur, coffee, 63 proof	34.8	1.0 fl oz	0.014
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.014
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.014
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	35.3	1.0 fl oz	0.014
03177	Babyfood, juice, orange and pineapple	31.2	1.0 fl oz	0.014
03174	Babyfood, juice, orange and apple and banana	31.2	1.0 fl oz	0.014
09173	Longans, dried	1.7	1.0 fruit	0.014
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.014
42285	Babyfood, cereal, brown rice, dry, instant	3.7	1.0 tbsp	0.014

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.014
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.014
19079	Candies, confectioner's coating, yogurt	170.0	1.0 cup chips	0.014
19294	Fruit butters, apple	17.0	1.0 tbsp	0.014
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.014
42267	Babyfood, juice, orange-carrot	30.8	1.0 fl oz	0.014
14206	Beverages, tea, green, ready-to-drink, sweetened	270.0	1.0 cup	0.014
42178	Mayonnaise, made with tofu	15.0	1.0 tbsp	0.013
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.013
07044	USDA Commodity, luncheon meat, canned	45.0	1.0 serving	0.013
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.013
07033	Ham and cheese spread	15.0	1.0 tbsp	0.013
14190	Beverages, tea, green, ready-to-drink, diet	269.0	1.0 cup	0.013
19137	Toppings, strawberry	42.0	2.0 tbsp	0.013
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.013
03268	Babyfood, juice, apple and cherry	31.2	1.0 fl oz	0.013
03189	Babyfood, cereal, oatmeal, dry fortified	3.2	1.0 tbsp	0.013
14279	Beverages, tea, black, ready-to-drink, peach, diet	268.0	1.0 cup	0.013
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.013
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.013
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.013
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.013
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.013
14207	Beverages, tea, ready-to-drink, lemon, diet	266.0	1.0 cup	0.013
14536	Alcoholic beverage, wine, dessert, dry	29.5	1.0 fl oz	0.013
14057	Alcoholic beverage, wine, dessert, sweet	29.5	1.0 fl oz	0.013
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	34.0	1.0 slice	0.013
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	34.0	1.0 slice	0.013
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	265.0	1.0 cup	0.013
14211	Beverages, tea, black, ready-to-drink, lemon, diet	265.0	1.0 cup	0.013
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.013
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.013
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	28.0	1.0 link	0.013
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.013
19128	Syrups, table blends, pancake, reduced-calorie	73.0	1.0 serving 1/4 cup	0.013
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.013

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03176	Babyfood, juice, orange and banana	31.2	1.0 fl oz	0.013
03170	Babyfood, juice, apple and plum	31.2	1.0 fl oz	0.013
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.013
14019	Alcoholic beverage, tequila sunrise, canned	31.1	1.0 fl oz	0.013
06962	Sauce, chili, peppers, hot, immature green, canned	15.0	1.0 tbsp	0.013
06961	Sauce, peppers, hot, chili, mature red, canned	15.0	1.0 tbsp	0.013
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.013
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.013
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.013
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.013
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.013
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.013
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.013
03145	Babyfood, fruit, applesauce and cherries, junior	28.35	1.0 oz	0.013
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.013
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	260.0	1.0 cup	0.013
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.013
03303	Babyfood, dinner, sweet potatoes and chicken, strained	16.0	1.0 tbsp	0.013
19265	Ice creams, chocolate, light, no sugar added	72.0	1.0 serving 1/2 cup	0.013
27057	Sauce, barbecue, KC MASTERPIECE, original	18.0	1.0 tbsp	0.013
19088	Ice creams, vanilla, light	76.0	1.0 serving 1/2 cup	0.013
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.013
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.013
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.013
19280	Frozen novelties, ice type, lime	99.0	0.5 cup (4 fl oz)	0.013
19233	Puddings, vanilla, ready-to-eat, fat free	99.0	1.0 serving 3.5 oz shelf stable	0.013
14341	Beverages, pineapple and orange juice drink, canned	31.3	1.0 fl oz	0.013
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.013
03133	Babyfood, fruit, pears, junior	16.0	1.0 tbsp	0.013
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.013
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.013
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.013
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.013
03144	Babyfood, fruit, applesauce and cherries, strained	28.35	1.0 oz	0.013
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.013
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.013

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.013
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.013
19187	Flan, caramel custard, dry mix	85.0	1.0 package (3 oz)	0.013
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.013
03193	Babyfood, cereal, oatmeal, with honey, dry	2.4	1.0 tbsp	0.013
03166	Babyfood, juice, apple	31.7	1.0 fl oz	0.013
02034	Spices, poultry seasoning	1.5	1.0 tsp	0.013
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	45.0	3.0 cookies	0.013
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	250.0	1.0 serving 8.3 fl oz can	0.012
03179	Babyfood, juice, mixed fruit	31.2	1.0 fl oz	0.012
03173	Babyfood, juice, orange and apple	31.2	1.0 fl oz	0.012
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.012
03278	Babyfood, dinner, mixed vegetable, strained	28.35	1.0 oz	0.012
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	28.35	1.0 oz	0.012
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.012
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.012
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.012
14180	Beverages, coffee, brewed, breakfast blend	248.0	1.0 cup	0.012
14234	Beverages, OCEAN SPRAY, Cran Lemonade	247.0	8.0 fl oz	0.012
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.012
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.012
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.012
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	246.0	1.0 serving (8 fl oz)	0.012
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.012
08510	Milk and cereal bar	25.0	1.0 bar	0.012
06150	Sauce, barbecue	17.0	1.0 tbsp	0.012
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.012
27046	Sauce, duck, ready-to-serve	33.0	2.0 Tbsp	0.012
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.012
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.012
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.012
18935	Waffle, plain, frozen, ready-to-heat, microwave	32.0	1.0 waffle, round (4" dia)	0.012
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.012
14630	Beverages, Energy drink, ROCKSTAR, sugar free	240.0	8.0 fl oz	0.012
03163	Babyfood, fruit, bananas with apples and pears, strained	15.0	1.0 tbsp	0.012

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
04706	Dressing, honey mustard, fat-free	30.0	2.0 tbsp (1 NLEA serving)	0.012
14628	Beverages, Energy drink, AMP, sugar free	240.0	8.0 fl oz	0.012
14625	Beverages, Energy drink, AMP	240.0	1.0 serving	0.012
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
14626	Beverages, Energy drink, FULL THROTTLE	240.0	1.0 serving 8 fluid oz	0.012
14260	Beverages, tea, green, brewed, decaffeinated	240.0	240.0 ml	0.012
01010	Cheese, cheshire	28.35	1.0 oz	0.012
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.012
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.012
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.012
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.012
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.012
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	70.0	0.25 cup	0.012
01267	Cheese, mexican, queso cotija	5.0	2.0 tsp	0.012
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.012
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.012
02039	Spices, savory, ground	1.4	1.0 tsp	0.012
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.012
19243	Candies, HEATH BITES	39.0	15.0 pieces	0.012
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup (1 NLEA serving)	0.012
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.012
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.012
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.012
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.012
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.012
07971	Bologna, meat and poultry	33.0	1.0 slice	0.012
04704	Salad dressing, poppyseed, creamy	33.0	2.0 tbsp	0.012
03168	Babyfood, juice, apple and peach	31.2	1.0 fl oz	0.012
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.012
06118	Gravy, brown, dry	6.0	1.0 tbsp	0.011
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.011
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.011
01004	Cheese, blue	28.35	1.0 oz	0.011
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.011
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.011
03297	Babyfood, dinner, apples and chicken, strained	28.35	1.0 oz	0.011

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.011
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.011
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.011
03141	Babyfood, pears, dices, toddler	28.35	1.0 oz	0.011
18240	Croissants, apple	28.35	1.0 oz	0.011
06930	Sauce, cheese, ready-to-serve	63.0	0.25 cup	0.011
06959	Gravy, instant turkey, dry	6.7	1.0 serving	0.011
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.011
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
03181	Babyfood, cereal, barley, dry fortified	2.4	1.0 tbsp	0.011
03068	Babyfood, dinner, chicken noodle, strained	16.0	1.0 tbsp	0.011
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	7.0	18.0 piece	0.011
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.011
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.011
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.011
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.011
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	8.9	0.5 cup	0.011
27061	Gravy, HEINZ Home Style, classic chicken	58.0	0.25 cup	0.011
27064	Wasabi	20.0	1.0 tablespoon	0.011
42131	Milk dessert, frozen, milk-fat free, chocolate	137.0	1.0 cup	0.011
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.011
07960	Bologna, chicken, pork	28.0	1.0 serving	0.011
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.011
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.011
06119	Gravy, chicken, canned or bottled, ready-to-serve	57.0	0.25 cup	0.011
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.011
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.011
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.011
02012	Spices, coriander leaf, dried	0.6	1.0 tsp	0.011
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	17.0	1.0 tbsp	0.011
19906	Sweeteners, for baking, brown, contains sugar and sucralose	12.9	1.0 tbsp	0.011
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.011
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.011
43366	Turkey, wing, smoked, cooked, with skin, bone removed	19.0	1.0 oz with bone, cooked (yield after bone removed)	0.011
20315	Corn flour, whole-grain, blue (harina de maiz morado)	6.9	1.0 tbsp	0.011
28310	Cookies, shortbread, reduced fat	11.8	1.0 cookie	0.011

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.011
02001	Spices, allspice, ground	1.9	1.0 tsp	0.011
07031	Ham salad spread	15.0	1.0 tbsp	0.010
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.010
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.010
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.010
03132	Babyfood, fruit, pears, strained	16.0	1.0 tbsp	0.010
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	40.0	1.0 serving 6 pieces	0.010
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.010
21310	McDONALD'S, Barbeque Sauce	28.0	1.0 package	0.010
21315	McDONALD'S, Sweet 'N Sour Sauce	28.0	1.0 package	0.010
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.010
21313	McDONALD'S, Hot Mustard Sauce	28.0	1.0 package	0.010
14084	Alcoholic beverage, wine, table, all	148.0	1.0 serving (5 fl oz)	0.010
06124	Gravy, pork, dry, powder	6.7	1.0 serving	0.010
27055	Sauce, barbecue, SWEET BABY RAY'S, original	18.0	1.0 tbsp	0.010
19113	Syrups, table blends, pancake, with butter	73.0	1.0 serving 1/4 cup	0.010
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.010
01018	Cheese, edam	28.35	1.0 oz	0.010
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.010
01022	Cheese, gouda	28.35	1.0 oz	0.010
03151	Babyfood, fruit, applesauce and pineapple, junior	28.35	1.0 oz	0.010
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.010
06999	Gravy, CAMPBELL'S, chicken	56.0	0.25 cup	0.010
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	29.4	1.0 fl oz	0.010
14327	Beverages, orange and apricot juice drink, canned	31.2	1.0 fl oz	0.010
06957	Gravy, brown instant, dry	6.7	1.0 serving	0.010
03150	Babyfood, fruit, applesauce and pineapple, strained	28.35	1.0 oz	0.010
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	28.35	1.0 oz	0.010
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.010
42266	Babyfood, juice, apple-sweet potato	30.8	1.0 fl oz	0.010
01114	Whey, sweet, fluid	246.0	1.0 cup	0.010
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.010
14278	Beverages, tea, green, brewed, regular	245.0	1.0 cup	0.010
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.010
06958	Gravy, instant beef, dry	6.7	1.0 serving	0.010

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03121	Babyfood, vegetables, peas, strained	16.0	1.0 tbsp	0.010
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.010
01039	Cheese, roquefort	28.35	1.0 oz	0.010
02044	Basil, fresh	2.5	5.0 leaves	0.010
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.010
07973	Turkey bacon, microwaved	8.1	1.0 slice	0.010
07254	Turkey bacon, unprepared	14.0	1.0 serving	0.010
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.009
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.009
42119	Babyfood, banana juice with low fat yogurt	31.5	1.0 fl oz	0.009
42120	Babyfood, mixed fruit juice with low fat yogurt	31.5	1.0 fl oz	0.009
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.009
42136	Cream substitute, powdered, light	94.0	1.0 cup	0.009
43529	Babyfood, rice and apples, dry	2.5	1.0 tbsp	0.009
06126	Gravy, turkey, dry	7.0	1.0 serving	0.009
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	10.7	3.0 crackers	0.009
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.009
43450	Frozen novelties, juice type, juice with cream	71.0	2.5 oz	0.009
04707	Oil, flaxseed, contains added sliced flaxseed	13.7	1.0 tablespoon	0.009
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.009
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.009
01023	Cheese, gruyere	28.35	1.0 oz	0.009
15109	Fish, surimi	28.35	1.0 oz	0.009
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.009
01260	Cheese, cheddar, reduced fat	21.0	1.0 slice	0.009
06179	Sauce, fish, ready-to-serve	18.0	1.0 tbsp	0.009
11165	Coriander (cilantro) leaves, raw	4.0	0.25 cup	0.009
19360	Syrups, table blends, pancake, with 2% maple	20.0	1.0 tbsp	0.009
06120	Gravy, chicken, dry	8.0	1.0 tbsp	0.009
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.009
43405	Cheese, swiss, low sodium	28.0	1.0 slice	0.009
19102	Candies, fudge, peanut butter, prepared-from-recipe	16.0	1.0 piece	0.009
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.009
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.009
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.009
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.009

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.009
08092	Cereals, QUAKER, corn grits, instant, plain, dry	29.0	1.0 packet	0.009
04015	Salad dressing, russian dressing	15.0	1.0 tbsp	0.009
03298	Babyfood, dinner, broccoli and chicken, junior	29.0	1.0 tbsp	0.009
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.009
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	28.0	1.0 packet (1 NLEA serving)	0.009
19217	Frozen novelties, ice type, fruit, no sugar added	51.0	1.0 bar	0.009
02021	Spices, ginger, ground	1.8	1.0 tsp	0.009
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.009
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.009
19076	Candies, caramels, chocolate-flavor roll	6.6	1.0 piece	0.009
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.009
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	31.6	1.0 fl oz	0.009
18217	Crackers, matzo, plain	14.2	0.5 oz	0.009
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.009
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	28.35	1.0 oz	0.009
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.009
03161	Babyfood, peaches, dices, toddler	28.35	1.0 oz	0.009
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.009
03093	Babyfood, green beans, dices, toddler	28.35	1.0 oz	0.009
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.009
01038	Cheese, romano	28.35	1.0 oz	0.009
43285	Eggs, scrambled, frozen mixture	28.35	1.0 oz	0.009
18106	Coffeecake, fruit	28.35	1.0 oz	0.009
18354	Strudel, apple	28.35	1.0 oz	0.009
42161	Bologna, beef, low fat	28.0	1.0 slice	0.008
19336	Sugars, powdered	120.0	1.0 cup unsifted	0.008
42258	Cheese product, pasteurized process, cheddar, reduced fat	28.0	1.0 slice 1 oz	0.008
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.008
18617	NABISCO, NABISCO GRAHAMS Crackers	28.0	1.0 serving	0.008
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.008
02035	Spices, pumpkin pie spice	1.7	1.0 tsp	0.008
19107	Candies, hard	28.35	1.0 oz	0.008
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.008
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.008
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	28.35	1.0 oz	0.008

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.008
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.008
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	5.1	10.0 goldfish	0.008
19164	Candies, SPECIAL DARK Chocolate Bar	41.0	1.0 bar 1.45 oz	0.008
19110	Candies, KRACKEL Chocolate Bar	41.0	1.0 bar 1.45 oz	0.008
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117.0	0.5 cup	0.008
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.008
14287	Beverages, Lemonade, powder	18.0	1.0 serving	0.008
03290	Babyfood, carrots and beef, strained	15.0	1.0 tbsp	0.008
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.008
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.008
11022	Balsam-pear (bitter gourd), leafy tips, raw	4.0	1.0 leaf	0.008
03047	Babyfood, dinner, beef noodle, strained	16.0	1.0 tbsp	0.008
03044	Babyfood, dinner, macaroni and tomato and beef, strained	16.0	1.0 tbsp	0.008
07043	Roast beef, deli style, prepackaged, sliced	9.3	1.0 slice oval	0.008
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.008
03238	Babyfood, dessert, tropical fruit, junior	28.35	1.0 oz	0.008
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.008
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.008
06972	Sauce, tomato chili sauce, bottled, with salt	6.0	1.0 packet	0.008
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.008
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	19.0	1.0 shoot	0.008
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008
02066	Spearmint, dried	0.5	1.0 tsp	0.008
02006	Spices, cardamom	2.0	1.0 tsp, ground	0.008
01031	Cheese, neufchatel	28.35	1.0 oz	0.008
01124	Egg, white, raw, fresh	33.0	1.0 large	0.008
43589	Cheese, swiss, low fat	28.0	1.0 slice (1 oz)	0.008
01266	Cheese, Swiss, nonfat or fat free	28.0	1.0 serving	0.008
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.008
42150	Babyfood, apple yogurt dessert, strained	15.0	1.0 tbsp	0.008
04686	Salad dressing, honey mustard dressing, reduced calorie	30.0	2.0 tbsp (1 serving)	0.008
42135	Whipped topping, frozen, low fat	75.0	1.0 cup	0.008
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	29.6	1.0 fl oz	0.007
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	29.6	1.0 fl oz	0.007
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	29.6	1.0 fl oz	0.007

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
16125	Soy sauce made from hydrolyzed vegetable protein	18.0	1.0 tbsp	0.007
01112	Whey, acid, fluid	246.0	1.0 cup	0.007
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	28.35	1.0 oz	0.007
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.007
01041	Cheese, tilsit	28.35	1.0 oz	0.007
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	28.35	1.0 oz	0.007
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	5.3	10.0 goldfish	0.007
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	15.0	1.0 tbsp	0.007
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.007
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.007
14430	Cranberry juice cocktail, frozen concentrate	36.2	1.0 fl oz	0.007
14168	Beverages, Carob-flavor beverage mix, powder	12.0	1.0 tbsp	0.007
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	36.0	1.0 fl oz	0.007
09328	Maraschino cherries, canned, drained	5.0	1.0 cherry (NLEA serving)	0.007
09129	Grapes, muscadine, raw	6.0	1.0 grape	0.007
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	31.0	1.0 oz	0.007
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.007
03199	Babyfood, cereal, with eggs, strained	28.35	1.0 oz	0.007
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.007
03143	Babyfood, fruit, applesauce and apricots, junior	16.0	1.0 tbsp	0.007
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	29.3	1.0 fl oz	0.007
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.007
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.007
28331	Crackers, flavored, fish-shaped	5.2	10.0 goldfish	0.007
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.007
43278	Cheese, american cheddar, imitation	21.0	1.0 slice	0.007
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	5.2	10.0 goldfish	0.007
27049	Sauce, tartar, ready-to-serve	30.0	2.0 tablespoons	0.007
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.007
03280	Babyfood, fruit, bananas with tapioca, junior	15.0	1.0 tbsp	0.007
14282	Beverages, grape juice drink, canned	31.3	1.0 fl oz	0.007
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.007
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	32.7	1.0 fl oz	0.007
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.007

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01008	Cheese, caraway	28.35	1.0 oz	0.007
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.007
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.007
02023	Spices, marjoram, dried	0.6	1.0 tsp	0.007
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.007
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.007
01259	Cheese spread, American or Cheddar cheese base, reduced fat	21.0	1.0 piece	0.007
42286	Babyfood, green beans and turkey, strained	14.0	1.0 tbsp	0.007
02031	Spices, pepper, red or cayenne	1.8	1.0 tsp	0.007
35200	Prairie Turnips, raw (Northern Plains Indians)	12.6	1.0 bulb peeled	0.007
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.007
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.007
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	30.2	1.0 fl oz	0.007
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	5.2	10.0 goldfish	0.007
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.007
02036	Spices, rosemary, dried	1.2	1.0 tsp	0.007
19919	Candies, fruit snacks, with high vitamin C	44.0	1.0 serving	0.007
03142	Babyfood, fruit, applesauce and apricots, strained	16.0	1.0 tbsp	0.007
43346	Frozen novelties, juice type, orange	29.8	1.0 fl oz	0.007
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.007
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	13.0	1.0 slice	0.007
14293	Lemonade, frozen concentrate, white, prepared with water	30.9	1.0 fl oz	0.006
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.006
04705	Salad dressing, caesar, fat-free	34.0	2.0 tbsp (1 NLEA serving)	0.006
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.006
03147	Babyfood, fruit, applesauce with banana, junior	16.0	1.0 tbsp	0.006
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.006
03046	Babyfood, ravioli, cheese filled, with tomato sauce	16.0	1.0 tbsp	0.006
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.006
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.006
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.006
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	21.0	1.0 slice 3/4 oz	0.006
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.006
19222	Desserts, rennin, vanilla, dry mix	10.8	1.0 tbsp	0.006
43535	Babyfood, juice, apple - cherry	31.2	1.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14236	Beverages, coffee substitute, cereal grain beverage, powder	3.0	1.0 tsp (1 serving)	0.006
03167	Babyfood, apple-banana juice	31.2	1.0 fl oz	0.006
03267	Babyfood, juice, fruit punch, with calcium	31.2	1.0 fl oz	0.006
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.006
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.006
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.006
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	28.35	1.0 oz	0.006
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.006
11442	Seaweed, agar, raw	10.0	2.0 tbsp (1/8 cup)	0.006
03116	Babyfood, fruit, applesauce, strained	16.0	1.0 tbsp	0.006
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	15.0	1.0 tbsp	0.006
03129	Babyfood, fruit, bananas with tapioca, strained	15.0	1.0 tbsp	0.006
03289	Babyfood, apples with ham, strained	15.0	1.0 tbsp	0.006
43546	Babyfood, banana no tapioca, strained	15.0	1.0 tbsp	0.006
43004	Babyfood, dessert, banana pudding, strained	15.0	1.0 tbsp	0.006
43536	Babyfood, dessert, peach yogurt	15.0	1.0 tbsp	0.006
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.006
01007	Cheese, camembert	28.35	1.0 oz	0.006
01209	Cheese, Mexican, blend, reduced fat	28.35	1.0 oz	0.006
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.006
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.006
21144	CHICK-FIL-A, hash browns	5.5	1.0 piece	0.006
09448	Nance, canned, syrup, drained	11.1	3.0 fruit without pits	0.006
01265	Cheese, cheddar, nonfat or fat free	28.0	1.0 serving	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.006
18373	Leavening agents, cream of tartar	3.0	1.0 tsp	0.006
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	15.0	1.0 tbsp	0.006
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.006
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.006
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.006
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.006
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.006
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	5.3	10.0 goldfish	0.006
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.006
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.006
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.006

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.006
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	15.0	1.0 tbsp	0.006
03115	Babyfood, apples, dices, toddler	28.35	1.0 oz	0.006
03201	Babyfood, cereal, egg yolks and bacon, junior	28.35	1.0 oz	0.006
03089	Babyfood, dinner, macaroni and cheese, strained	28.35	1.0 oz	0.006
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.006
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.006
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	281.0	9.5 fl oz	0.006
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	56.0	2.0 fl oz	0.006
03117	Babyfood, fruit, applesauce, junior	16.0	1.0 tbsp	0.006
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.006
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	31.0	1.0 fl oz	0.006
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.006
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.006
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	15.0	1.0 tbsp	0.006
09216	Orange peel, raw	6.0	1.0 tbsp	0.006
09156	Lemon peel, raw	6.0	1.0 tbsp	0.006
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	55.0	1.0 bar 1.94 oz	0.006
21026	Fast foods, potatoes, hash browns, round pieces or patty	5.5	1.0 round piece	0.006
14136	Beverages, carbonated, ginger ale	30.5	1.0 fl oz	0.005
09172	Longans, raw	3.2	1.0 fruit without refuse	0.005
04703	Salad dressing, honey mustard, regular	30.0	2.0 tbsp	0.005
03128	Babyfood, fruit, apricot with tapioca, junior	15.0	1.0 tbsp	0.005
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.005
01006	Cheese, brie	28.35	1.0 oz	0.005
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.005
35201	Prairie Turnips, boiled (Northern Plains Indians)	14.0	1.0 bulb	0.005
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	265.0	1.0 cup	0.005
02038	Spices, sage, ground	0.7	1.0 tsp	0.005
43585	Babyfood, fruit supreme dessert	15.0	1.0 tbsp	0.005
14179	Beverages, coffee, ready to drink, milk based, sweetened	262.0	1.0 cup	0.005
42040	Syrups, grenadine	20.0	1.0 tbsp	0.005
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.005
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.005
14154	Beverages, Energy drink, RED BULL	258.0	1.0 can 8.4 fl oz	0.005
01252	Cheese product, pasteurized process, American, vitamin D fortified	19.0	1.0 slice (2/3 oz)	0.005

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.005
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.005
19218	Puddings, tapioca, ready-to-eat	28.35	1.0 oz	0.005
19201	Puddings, vanilla, ready-to-eat	28.35	1.0 oz	0.005
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.005
03118	Babyfood, fruit, apricot with tapioca, strained	15.0	1.0 tbsp	0.005
19085	Candies, confectioner's coating, butterscotch	170.0	1.0 cup chips	0.005
03130	Babyfood, fruit, peaches, strained	17.0	1.0 tbsp	0.005
03131	Babyfood, fruit, peaches, junior	17.0	1.0 tbsp	0.005
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.005
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.005
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.005
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	16.0	1.0 tbsp	0.005
14303	Limeade, frozen concentrate, prepared with water	30.9	1.0 fl oz	0.005
02017	Spices, dill weed, dried	1.0	1.0 tsp	0.005
14009	Alcoholic beverage, daiquiri, canned	30.5	1.0 fl oz	0.005
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.005
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	240.0	1.0 serving	0.005
03082	Babyfood, dinner, turkey and rice, strained	16.0	1.0 tbsp	0.005
03104	Babyfood, vegetables, squash, strained	16.0	1.0 tbsp	0.005
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.005
03069	Babyfood, dinner, chicken noodle, junior	16.0	1.0 tbsp	0.005
03083	Babyfood, dinner, turkey and rice, junior	16.0	1.0 tbsp	0.005
35233	Hazelnuts, beaked (Northern Plains Indians)	0.4	1.0 nut	0.005
03105	Babyfood, vegetables, squash, junior	16.0	1.0 tbsp	0.005
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	16.0	1.0 tbsp	0.005
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	40.0	1.0 serving fun size (8 chews)	0.005
14292	Lemonade, frozen concentrate, white	36.5	1.0 fl oz	0.005
14412	Beverages, water, tap, well	29.6	1.0 fl oz	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.005
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	47.0	2.0 fl oz	0.005
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.005
01199	Cream, half and half, fat free	29.0	2.0 tbsp	0.005
14368	Beverages, tea, instant, lemon, unsweetened	1.4	1.0 tsp, rounded	0.005
14240	Beverages, cranberry-apricot juice drink, bottled	30.6	1.0 fl oz	0.005
14638	Beverages, Horchata, as served in restaurant	228.0	1.0 cup	0.005

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.005
11216	Ginger root, raw	2.0	1.0 tsp	0.005
14296	Beverages, lemonade-flavor drink, powder	18.0	1.0 serving	0.005
43331	Salad dressing, bacon and tomato	15.0	1.0 tbsp	0.004
31033	Ginger root, pickled, canned, with artificial sweetener	25.0	2.0 tablespoon	0.004
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	15.0	1.0 tbsp	0.004
03140	Babyfood, fruit dessert, mango with tapioca	15.0	1.0 tbsp	0.004
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.004
43550	Babyfood, banana apple dessert, strained	15.0	1.0 tbsp	0.004
43537	Babyfood, dessert, blueberry yogurt, strained	15.0	1.0 tbsp	0.004
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	15.0	1.0 tbsp	0.004
02049	Thyme, fresh	0.8	1.0 tsp	0.004
14381	Beverages, tea, herb, other than chamomile, brewed	29.6	1.0 fl oz	0.004
14545	Beverages, tea, herb, brewed, chamomile	29.6	1.0 fl oz	0.004
44110	Jellies, reduced sugar, home preserved	19.0	1.0 tbsp	0.004
43276	Cheese spread, cream cheese base	28.35	1.0 oz	0.004
25043	Snacks, candy bits, yogurt covered with vitamin C	20.0	1.0 package	0.004
90480	Syrup, Cane	21.0	1.0 serving	0.004
02069	Vinegar, balsamic	16.0	1.0 tbsp	0.004
18621	NABISCO, NABISCO RITZ Crackers	3.3	1.0 cracker	0.004
14277	Beverages, grape drink, canned	31.3	1.0 fl oz	0.004
02041	Spices, tarragon, dried	0.6	1.0 tsp, leaves	0.004
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.004
14552	Carbonated beverage, chocolate-flavored soda	31.0	1.0 fl oz	0.004
14542	Lemonade, frozen concentrate, pink	36.4	1.0 fl oz	0.004
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	6.9	1.0 tsp	0.004
43008	Babyfood, dinner, chicken and rice	16.0	1.0 tbsp	0.004
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	30.1	1.0 fl oz	0.004
02029	Spices, parsley, dried	0.5	1.0 tsp	0.004
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.004
09228	Papaya, canned, heavy syrup, drained	39.0	1.0 piece	0.004
06631	Sauce, hot chile, sriracha	6.5	1.0 tsp	0.004
14052	Alcoholic beverage, distilled, whiskey, 86 proof	27.8	1.0 fl oz	0.004
14366	Beverages, tea, instant, unsweetened, powder	0.7	1.0 serving 1 tsp	0.004
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.7	1.0 serving 2 tsp	0.004
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	29.6	1.0 fl oz	0.004

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	6.2	1.0 tsp	0.004
07081	Turkey breast, sliced, prepackaged	16.0	1.0 slice	0.004
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.004
21343	McDONALD'S, Low Fat Caramel Sauce	21.0	0.8 oz	0.004
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.004
42284	Babyfood, baked product, finger snacks cereal fortified	1.7	1.0 cookie	0.004
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.004
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.004
14288	Lemonade, powder, prepared with water	33.0	1.0 fl oz	0.004
35198	Prickly pears, raw (Northern Plains Indians)	19.0	1.0 pad peeled	0.004
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.004
06115	Gravy, au jus, dry	3.0	1.0 tsp	0.004
19353	Syrups, maple	20.0	1.0 tbsp	0.004
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	29.6	1.0 fl oz	0.004
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.004
14297	Beverages, lemonade-flavor drink, powder, prepared with water	31.8	1.0 fl oz	0.003
03233	Babyfood, dessert, fruit pudding, pineapple, strained	15.0	1.0 tbsp	0.003
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.003
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	33.9	1.0 fl oz	0.003
14407	Beverages, orange-flavor drink, breakfast type, powder	26.0	1.0 serving 2 tbsp	0.003
14215	Beverages, coffee, instant, regular, prepared with water	29.8	1.0 fl oz	0.003
14367	Beverages, tea, instant, unsweetened, prepared with water	29.7	1.0 fl oz	0.003
43155	Alcoholic beverage, wine, light	29.5	1.0 fl oz	0.003
09195	Olives, pickled, canned or bottled, green	2.7	1.0 olive	0.003
14602	Alcoholic Beverage, wine, table, red, Merlot	29.4	1.0 fl oz	0.003
14096	Alcoholic beverage, wine, table, red	29.4	1.0 fl oz	0.003
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	16.0	1.0 tbsp	0.003
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	16.0	1.0 tbsp	0.003
42193	Salad Dressing, mayonnaise-like, fat-free	16.0	1.0 tbsp	0.003
11145	Celtuce, raw	8.0	1.0 leaf	0.003
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.003
03206	Babyfood, cookie, baby, fruit	8.0	1.0 cookie	0.003
14553	Beverages, Wine, non-alcoholic	29.0	1.0 fl oz	0.003
14242	Cranberry juice cocktail, bottled	31.6	1.0 fl oz	0.003
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	31.2	1.0 fl oz	0.003
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.003

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
03169	Babyfood, apple-cranberry juice	31.2	1.0 fl oz	0.003
14267	Beverages, Fruit punch drink, with added nutrients, canned	31.0	1.0 fl oz	0.003
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	30.9	1.0 fl oz	0.003
19108	Candies, jellybeans	11.0	10.0 small	0.003
14238	Beverages, cranberry-apple juice drink, bottled	30.6	1.0 fl oz	0.003
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	16.0	1.0 tbsp	0.003
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	8.0	1.0 serving	0.003
42205	Cheese, pasteurized process, cheddar or American, fat-free	16.0	1.0 cubic inch	0.003
02050	Vanilla extract	4.2	1.0 tsp	0.003
43539	Babyfood, dessert, banana yogurt, strained	15.0	1.0 tbsp	0.003
43523	Babyfood, mixed fruit yogurt, strained	15.0	1.0 tbsp	0.003
09523	Lemon juice from concentrate, bottled, CONCORD	15.0	1.0 tbsp	0.003
43006	Babyfood, fruit, tutti frutti, strained	15.0	1.0 tbsp	0.003
14223	Beverages, coffee, instant, chicory	29.9	1.0 fl oz	0.003
14219	Beverages, coffee, instant, decaffeinated, prepared with water	29.9	1.0 fl oz	0.003
14376	Beverages, tea, instant, lemon, diet	29.8	1.0 fl oz	0.003
19340	Sugars, maple	3.0	1.0 tsp	0.003
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.003
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.003
14411	Beverages, water, tap, drinking	29.6	1.0 fl oz	0.003
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.003
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.003
02055	Horseradish, prepared	5.0	1.0 tsp	0.003
19281	Frozen novelties, ice type, italian, restaurant-prepared	29.0	1.0 fl oz	0.003
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.003
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.003
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
04639	Salad dressing, ranch dressing, regular	15.0	1.0 tablespoon	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
04708	Mayonnaise, reduced fat, with olive oil	15.0	1.0 tbsp	0.003
03222	Babyfood, cherry cobbler, junior	28.35	1.0 oz	0.003
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.003
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.003
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.003
14027	Alcoholic beverage, whiskey sour, canned	30.8	1.0 fl oz	0.003
14531	Alcoholic beverage, whiskey sour	30.4	1.0 fl oz	0.003

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.003
09524	Lemon juice from concentrate, bottled, REAL LEMON	15.0	1.0 tbsp	0.003
09153	Lemon juice from concentrate, canned or bottled	15.0	1.0 tbsp	0.003
14429	Beverages, water, tap, municipal	29.6	1.0 fl oz	0.003
02008	Spices, chervil, dried	0.6	1.0 tsp	0.003
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.003
43479	Alcoholic beverage, rice (sake)	29.1	1.0 fl oz	0.003
01017	Cheese, cream	14.5	1.0 tbsp	0.003
14400	Beverages, carbonated, cola, fast-food cola	258.0	1.0 serving child 12 fl oz, without ice	0.003
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.003
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	17.0	1.0 tbsp	0.003
27058	Sauce, barbecue, OPEN PIT, original	17.0	1.0 tbsp	0.003
02004	Spices, bay leaf	0.6	1.0 tsp, crumbled	0.002
06032	Soup, beef broth bouillon and consommé, canned, condensed	124.0	0.5 cup	0.002
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.002
14251	Alcoholic beverages, beer, higher alcohol	30.6	1.0 fl oz	0.002
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.002
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	30.4	1.0 fl oz	0.002
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.002
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.002
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	29.6	1.0 fl oz	0.002
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.002
14305	Malt beverage, includes non-alcoholic beer	29.6	1.0 fl oz	0.002
19300	Jellies	21.0	1.0 serving 1 tbsp	0.002
14370	Beverages, tea, instant, lemon, sweetened, powder	23.0	1.0 serving (3 heaping tsp)	0.002
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	23.0	1.0 serving (3 heaping tsp)	0.002
02037	Spices, saffron	0.7	1.0 tsp	0.002
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	14.0	1.0 tbsp (1 NLEA serving)	0.002
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.002
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.002
14157	Beverages, carbonated, root beer	30.8	1.0 fl oz	0.002
14148	Beverages, carbonated, cola, regular	30.7	1.0 fl oz	0.002
14241	Beverages, cranberry-grape juice drink, bottled	30.6	1.0 fl oz	0.002
02063	Rosemary, fresh	0.7	1.0 tsp	0.002
42153	Salad dressing, blue or roquefort cheese dressing, light	16.0	1.0 tbsp	0.002
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.002

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14555	Water, bottled, generic	29.6	1.0 fl oz	0.002
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.002
01180	Sour cream, fat free	12.0	1.0 tablespoon	0.002
14356	Beverages, tea, instant, decaffeinated, lemon, diet	1.6	2.0 tsp	0.002
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	1.6	2.0 tsp	0.002
01179	Sour cream, light	12.0	1.0 tablespoon	0.002
11292	Onions, young green, tops only	6.0	1.0 tbsp	0.002
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.002
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.002
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.002
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	30.5	1.0 fl oz	0.002
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.002
02047	Salt, table	6.0	1.0 tsp	0.002
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.002
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.002
43016	Salad dressing, coleslaw	16.0	1.0 tbsp	0.002
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.002
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.002
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.002
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.002
42171	Salad dressing, french dressing, reduced calorie	16.0	1.0 tbsp	0.002
43019	Salad dressing, sweet and sour	16.0	1.0 tbsp	0.002
14640	Beverages, Energy drink, VAULT, citrus flavor	31.0	1.0 oz	0.002
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	30.6	1.0 fl oz	0.002
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	30.6	1.0 fl oz	0.002
11984	Epazote, raw	0.8	1.0 tbsp	0.002
11959	Arugula, raw	2.0	1.0 leaf	0.002
14253	Alcoholic beverages, wine, rose	30.3	1.0 fl oz	0.002
43021	Salad dressing, caesar, low calorie	15.0	1.0 tbsp	0.002
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.002
43017	Salad dressing, green goddess, regular	15.0	1.0 tbsp	0.002
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.002
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.002
43020	Salad dressing, blue or roquefort cheese, low calorie	15.0	1.0 tbsp	0.002
02068	Vinegar, red wine	14.9	1.0 tbsp	0.001
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.001

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43015	Salad dressing, caesar dressing, regular	14.7	1.0 tbsp	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
19334	Sugars, brown	3.0	1.0 tsp unpacked	0.001
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.1	1.0 tbsp	0.001
19030	Syrup, fruit flavored	20.0	1.0 serving	0.001
14203	Beverages, coffee, instant, regular, half the caffeine	1.0	1.0 tsp	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.001
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.001
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.0	1.0 tbsp	0.001
42137	Salad dressing, peppercorn dressing, commercial, regular	13.4	1.0 tbsp	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	32.0	2.0 tbsp	0.001
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.001
27052	Dip, salsa con queso, cheese and salsa- medium	30.0	2.0 tbsp	0.001
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	15.0	1.0 tbsp	0.001
01178	Sour cream, reduced fat	12.0	1.0 tablespoon	0.001
27054	Dip, TOSTITOS, salsa con queso, medium	30.0	2.0 tbsp	0.001
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.001
02048	Vinegar, cider	14.9	1.0 tbsp	0.001
14106	Alcoholic beverage, wine, table, white	29.4	1.0 fl oz	0.001
14160	Alcoholic beverage, wine, table, white, Chardonnay	29.3	1.0 fl oz	0.001
19907	Sweeteners, for baking, contains sugar and sucralose	14.5	1.0 tbsp	0.001
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1.0 tbsp	0.001
19103	Candies, fudge, vanilla, prepared-from-recipe	28.35	1.0 oz	0.001
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	28.35	1.0 oz	0.001
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	14.0	1.0 tbsp	0.001
04630	Margarine Spread, approximately 48% fat, tub	14.0	1.0 tbsp	0.001
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.001
35196	Lambsquarters, raw (Northern Plains Indians)	0.9	1.0 leaf	0.001
27066	Sauce, horseradish	5.6	1.0 tsp	0.001
01185	Parmesan cheese topping, fat free	5.0	1.0 tablespoon	0.001
02051	Vanilla extract, imitation, alcohol	4.2	1.0 tsp	0.001
18371	Leavening agents, baking powder, low-sodium	5.0	1.0 tsp	0.001
03209	Babyfood, crackers, vegetable	0.7	1.0 cracker	0.001
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.001

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
02053	Vinegar, distilled	14.9	1.0 tbsp	0.001
14004	Alcoholic beverage, beer, regular, BUDWEISER	29.8	1.0 fl oz	0.001
19099	Candies, fondant, prepared-from-recipe	28.35	1.0 oz	0.001
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001
01225	Dulce de Leche	19.0	1.0 tbsp	0.001
01200	Reddi Wip Fat Free Whipped Topping	4.0	1.0 tablespoon	0.001
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.001
02065	Spearmint, fresh	0.3	2.0 leaves	0.001
42140	Salad dressing, italian dressing, reduced calorie	14.0	1.0 tbsp	0.001
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	14.0	1.0 tablespoon	0.001
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	14.0	1.0 tablespoon	0.001
19912	Sweetener, syrup, agave	6.9	1.0 tsp	0.001
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1.0 tsp	0.001
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	29.6	1.0 fl oz	0.001
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.001
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	29.6	1.0 fl oz	0.001
14013	Alcoholic beverage, beer, light, low carb	29.5	1.0 fl oz	0.001
14007	Alcoholic beverage, beer, light, BUD LIGHT	29.5	1.0 fl oz	0.001
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	14.0	1.0 tablespoon	0.001
19384	Candies, divinity, prepared-from-recipe	11.0	1.0 piece	0.001
43154	Alcoholic beverage, wine, cooking	4.9	1.0 tsp	0.001
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1.0 tsp	0.000
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	4.5	2.0 tbsp	0.000
19908	Sugar, turbinado	4.6	1.0 tsp	0.000
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.000
19383	Candies, toffee, prepared-from-recipe	12.0	1.0 piece	0.000
02064	Peppermint, fresh	0.1	2.0 leaves	0.000
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	30.8	1.0 fl oz	0.000
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	29.5	1.0 fl oz	0.000
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.000
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.000
19070	Candies, butterscotch	28.35	1.0 oz	0.000
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	14.0	1.0 tablespoon	0.000
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	14.0	1.0 tablespoon	0.000
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	2.0	1.0 tsp	0.000
19335	Sugars, granulated	2.8	1.0 serving packet	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43401	Beverages, coffee, instant, with whitener, reduced calorie	1.7	1.0 tsp dry	0.000
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	14.5	1.0 tbsp	0.000
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000
42151	Vegetable oil-butter spread, reduced calorie	13.0	1.0 tbsp	0.000
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.000
02052	Vanilla extract, imitation, no alcohol	4.2	1.0 tsp	0.000
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	2.5	1.0 portion, amount of dry mix to make 8 fl oz prepared	0.000
44018	Sweeteners, tabletop, fructose, liquid	0.1	1.0 serving	0.000
19909	Sweeteners, sugar substitute, granulated, brown	0.5	1.0 tsp	0.000
04529	Oil, almond	13.6	1.0 tablespoon	0.000
04679	Oil, PAM cooking spray, original	0.3	1.0 spray , about 1/3 second (1 NLEA serving)	0.000
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	15.0	1.0 tbsp	0.000
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	0.000
14350	Strawberry-flavor beverage mix, powder	22.0	1.0 serving (2-3 heaping tsp)	0.000
04583	Oil, mustard	14.0	1.0 tbsp	0.000
04702	Oil, industrial, cottonseed, fully hydrogenated	13.6	1.0 tablespoon	0.000
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04652	Oil, industrial, soy (partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000
14530	Whiskey sour mix, bottled, with added potassium and sodium	32.3	1.0 fl oz	0.000
42281	Gums, seed gums (includes locust bean, guar)	28.35	1.0 oz	0.000
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	14.0	1.0 tbsp	0.000
19350	Syrups, corn, light	341.0	1.0 cup	0.000
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000
04606	Meat drippings (lard, beef tallow, mutton tallow)	12.8	1.0 tablespoon	0.000
14028	Beverages, Whiskey sour mix, bottled	32.3	1.0 fl oz	0.000
19152	Candies, ROLO Caramels in Milk Chocolate	48.0	1.0 package 1 package	0.000
19283	Frozen novelties, ice type, pop	52.0	1.0 serving 1.75 fl oz pop	0.000
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	591.0	20.0 fl oz	0.000
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	28.0	1.0 oz	0.000
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000
04575	Fat, turkey	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	182.0	1.0 cup	0.000
04699	Oil, industrial, soy, low linolenic	14.0	1.0 tablespoon	0.000
04047	Oil, coconut	13.6	1.0 tbsp	0.000
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	29.6	1.0 fl oz	0.000
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	14.0	1.0 tbsp	0.000
19868	Sweeteners, tabletop, sucralose, SLENDA packets	1.0	1.0 serving 1 packet	0.000
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	14.0	1.0 tbsp	0.000
06981	Soup, bouillon cubes and granules, low sodium, dry	2.6	1.0 tsp	0.000
43598	Mayonnaise dressing, no cholesterol	15.0	1.0 tbsp	0.000
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	14.0	1.0 tbsp	0.000
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	29.6	1.0 fl oz	0.000
04038	Oil, wheat germ	4.5	1.0 tsp	0.000
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	13.6	1.0 tablespoon	0.000
14061	Beverages, Energy Drink, sugar free	240.0	8.0 fl oz	0.000
04593	Fish oil, salmon	13.6	1.0 tbsp	0.000
14021	Beverages, Energy drink, Citrus	240.0	8.0 fl oz	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
04615	Shortening, vegetable, household, composite	12.8	1.0 tbsp	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.000
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	29.6	1.0 fl oz	0.000
04590	Fish oil, herring	13.6	1.0 tbsp	0.000
23640	Beef, variety meats and by-products, tripe, cooked, simmered	85.0	1.0 serving	0.000
19263	Frozen novelties, fruit and juice bars	77.0	1.0 bar (2.5 fl oz)	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	14.9	1.0 tbsp	0.000
06081	Soup, chicken broth cubes, dry	4.8	1.0 cube	0.000
19181	Candies, YORK BITES	39.0	15.0 pieces	0.000
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	14.0	1.0 tablespoon	0.000
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	12.8	1.0 tbsp	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000
04143	Salad dressing, italian dressing, commercial, regular, without salt	14.7	1.0 tablespoon	0.000
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG, Gerolsteiner naturally sparkling mineral water,	240.0	8.0 fl oz	0.000
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	116.0	3.0 pancakes (NLEA serving)	0.000
04531	Oil, soybean lecithin	13.6	1.0 tablespoon	0.000
14247	Beverages, tea, black, ready to drink	473.0	16.0 fl oz	0.000
19382	Candies, taffy, prepared-from-recipe	15.0	1.0 piece	0.000
06075	Soup, beef broth or bouillon, powder, dry	3.6	1.0 cube	0.000
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	12.8	1.0 tbsp	0.000
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	6.4	1.0 serving	0.000
04584	Oil, sunflower, high oleic (70% and over)	14.0	1.0 tbsp	0.000
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.000
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	15.0	1.0 serving	0.000
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	14.5	1.0 packet	0.000
21346	MCDONALD'S, NEWMAN'S OWN Cobb Dressing	62.0	2.0 fl oz	0.000
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000
04609	Animal fat, bacon grease	4.3	1.0 tsp	0.000
14649	Beverages, tea, hibiscus, brewed	237.0	8.0 fl oz	0.000
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	0.000
42230	Salad Dressing, coleslaw dressing, reduced fat	17.0	1.0 tbsp	0.000
04581	Oil, avocado	14.0	1.0 tbsp	0.000
43058	Candies, hard, dietetic or low calorie (sorbitol)	3.0	1.0 piece	0.000
04700	Oil, industrial, soy, ultra low linolenic	13.6	1.0 tablespoon	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	200.0	6.75 fl oz	0.000
03024	Babyfood, water, bottled, GERBER, without added fluoride.	113.0	1.0 serving	0.000
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	17.0	1.0 tbsp	0.000
04601	Butter, light, stick, with salt	14.0	1.0 tablespoon	0.000
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	12.8	1.0 tbsp	0.000
14323	Beverages, orange drink, canned, with added vitamin C	31.0	1.0 fl oz	0.000
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	15.0	1.0 tbsp	0.000
44005	Oil, corn, peanut, and olive	14.0	1.0 tablespoon	0.000
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	14.0	1.0 tbsp	0.000
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000
19918	Sweetener, herbal extract powder from Stevia leaf	1.0	1.0 package	0.000
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000
04594	Fish oil, sardine	13.6	1.0 tbsp	0.000
14022	Beverages, MONSTER energy drink, low carb	240.0	8.0 fl oz	0.000
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04617	Margarine, regular, 80% fat, composite, stick, without salt	14.2	1.0 tbsp	0.000
19163	Chewing gum	3.0	1.0 stick	0.000
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000
14144	Beverages, carbonated, lemon-lime soda, no caffeine	30.8	1.0 fl oz	0.000
19230	Frostings, vanilla, creamy, ready-to-eat	38.0	0.083 package	0.000
43026	Syrups, sugar free	240.0	1.0 cup	0.000
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
14147	Beverages, carbonated, cola, without caffeine	30.7	1.0 fl oz	0.000
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.000
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	13.6	1.0 tablespoon	0.000
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	296.0	1.0 serving	0.000
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.000
42141	Cream substitute, liquid, light	30.0	1.0 fl oz	0.000
04591	Fish oil, menhaden	13.6	1.0 tbsp	0.000
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.000
06481	Soup, chicken broth cubes, dry, prepared with water	243.0	1.0 cup (8 fl oz)	0.000
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	14.0	1.0 tbsp	0.000
43214	Butter replacement, without fat, powder	80.0	1.0 cup	0.000
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14559	Beverages, water, bottled, non-carbonated, EVIAN	29.6	1.0 fl oz	0.000
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	14.0	1.0 tablespoon	0.000
14432	Beverages, water, bottled, non-carbonated, DANNON	29.6	1.0 fl oz	0.000
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	14.6	1.0 tbsp	0.000
04588	Oil, oat	13.6	1.0 tbsp	0.000
04141	Salad dressing, french dressing, commercial, regular, without salt	15.0	1.0 tablespoon	0.000
04144	Salad dressing, italian dressing, reduced fat, without salt	15.0	1.0 tablespoon	0.000
14076	Beverages, ICELANDIC, Glacial Natural spring water	100.0	1.0 serving	0.000
42289	Oil, corn and canola	14.0	1.0 tbsp	0.000
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000
43355	Mayonnaise, low sodium, low calorie or diet	14.0	1.0 tbsp	0.000
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	1.0	1.0 serving 1 packet	0.000
04687	Margarine-like spread, BENECOL Light Spread	14.0	1.0 tablespoon (1 NLEA serving)	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
06076	Soup, beef broth, cubed, dry	3.6	1.0 cube	0.000
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.000
14276	Beverages, Tropical Punch, ready-to-drink	210.0	1.0 NLEA Serving	0.000
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000
14073	Beverages, ZEVIA, cola	355.0	1.0 can	0.000
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000
04610	Margarine, regular, 80% fat, composite, stick, with salt	14.0	1.0 tbsp	0.000
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	480.0	16.0 fl oz	0.000
04528	Oil, walnut	13.6	1.0 tbsp	0.000
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	14.0	1.0 tbsp	0.000
28334	Cookies, gluten-free, lemon wafer	30.0	3.0 cookies	0.000
04631	Margarine-like, vegetable oil spread, fat-free, tub	14.6	1.0 tbsp	0.000
42231	Oil, flaxseed, cold pressed	13.6	1.0 tbsp	0.000
04582	Oil, canola	14.0	1.0 tbsp	0.000
14629	Beverages, Energy drink, ROCKSTAR	31.0	1.0 fl oz	0.000
43060	Chewing gum, sugarless	2.0	1.0 piece	0.000
04701	Oil, industrial, soy, fully hydrogenated	13.6	1.0 tablespoon	0.000
04055	Oil, palm	13.6	1.0 tbsp	0.000
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000
04602	Butter, light, stick, without salt	14.0	1.0 tablespoon	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	240.0	8.0 fl oz	0.000
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	12.8	1.0 tbsp	0.000
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.000
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	55.0	1.0 serving 1.75 fl oz pop	0.000
04574	Fat, duck	12.8	1.0 tbsp	0.000
04698	Oil, industrial, canola, high oleic	14.0	1.0 tablespoon	0.000
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	30.5	1.0 fl oz	0.000
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	12.8	1.0 tbsp	0.000
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	237.0	8.0 fl oz	0.000
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	15.0	1.0 tbsp	0.000
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	240.0	1.0 cup	0.000
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000
04002	Lard	12.8	1.0 tbsp	0.000
04618	Margarine, regular, 80% fat, composite, tub, without salt	14.2	1.0 tbsp	0.000
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	8.0	1.0 tsp	0.000
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	29.6	1.0 fl oz	0.000
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	14.0	1.0 tbsp	0.000
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04644	Oil, industrial, canola for salads, woks and light frying	13.6	1.0 tablespoon	0.000
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	240.0	8.0 fl oz	0.000
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	29.6	1.0 fl oz	0.000
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	240.0	8.0 fl oz	0.000
04592	Fish oil, menhaden, fully hydrogenated	12.5	1.0 tbsp	0.000
14167	Beverages, POWERADE, Zero, Mixed Berry	360.0	12.0 fl oz	0.000
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	14.3	1.0 tbsp	0.000
06008	Soup, beef broth or bouillon canned, ready-to-serve	240.0	1.0 cup	0.000
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	14.0	1.0 tbsp	0.000
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.000
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	29.6	1.0 fl oz	0.000
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.000

NDB_No	Description	Weight(g)	Measure	Copper, Cu(mg) Per Measure
04589	Fish oil, cod liver	4.5	1.0 tsp	0.000
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	209.0	1.0 container	0.000
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	30.0	3.0 cookies	0.000
43514	Frozen novelties, ice type, pop, with low calorie sweetener	55.0	1.0 serving 1.75 fl oz pop	0.000
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000
04542	Fat, chicken	12.8	1.0 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1.0 tsp	0.000
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	59.0	1.25 cup (1 NLEA serving)	0.000
06080	Soup, chicken broth or bouillon, dry	4.0	1.0 cube	0.000
19129	Syrups, table blends, pancake	314.0	1.0 cup	0.000
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	12.8	1.0 tbsp	0.000
14161	Beverages, Kiwi Strawberry Juice Drink	473.0	16.0 fl oz	0.000
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.000
14074	Beverages, ZEVIA, cola, caffeine free	355.0	1.0 can	0.000
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	52.0	1.0 pastry	0.000
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	33.0	1.0 serving 1.2 fl oz pop	0.000
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.000
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1.0 tbsp	0.000
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	240.0	8.0 fl oz	0.000